

# Managing Anxiety



## What is anxiety?



## Why might we be feeling anxious right now?

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## What are you feeling most anxious about?

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## **Control**

**Knowing what is within our control and out of our control can sometimes help to reduce anxiety.**

**Out of your control**



**In our control**

**Our thoughts are very powerful and can affect how we feel. They can even bring about a physical response like racing heart rate, rapid breathing, feeling sick, feeling dizzy**

**When you feel anxious what physical signs do you experience?**

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**What thoughts go through your mind?**

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**How does it make you feel emotionally?**

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**Have a go at the thought map on the following page.**

## Anxiety Bucket

Fill up you bucket with all the things that are making you anxious



## Strategies

There are lots of different strategies that can help you manage anxiety

Strategy	What to do	How this helps me
Grounding 5-1	5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 big breath	
Breathing	Place your hands on your belly Breath in for 3 and out for 3 x 3 Breath in for 4 and out for 4 x 3 Breath in for 5 and out for 5 x 3	
Mindfulness	Stay in the moment not thinking about the past or the future. Place both feet on the ground Focus on your breathing and how it feels You could try holding a piece of blu tack in your hand and playing with and focus on how it feels, what shapes can you make with it	

**Explore some of your own strategies**

<b>Strategy</b>	<b>What to do</b>	<b>How it helps me</b>

**Its really important to talk about how you are feeling and share it with others**

**People I can talk to if I am feeling anxious when at home**

**People I can talk to when I'm in school**

**Places I can look at to get support and help**

**On my mind - Anna Freud Centre : [annafreud.org](http://annafreud.org)**

**Kooth : [www.kooth.com](http://www.kooth.com)**

**Young minds : [youngminds.org.uk](http://youngminds.org.uk)**