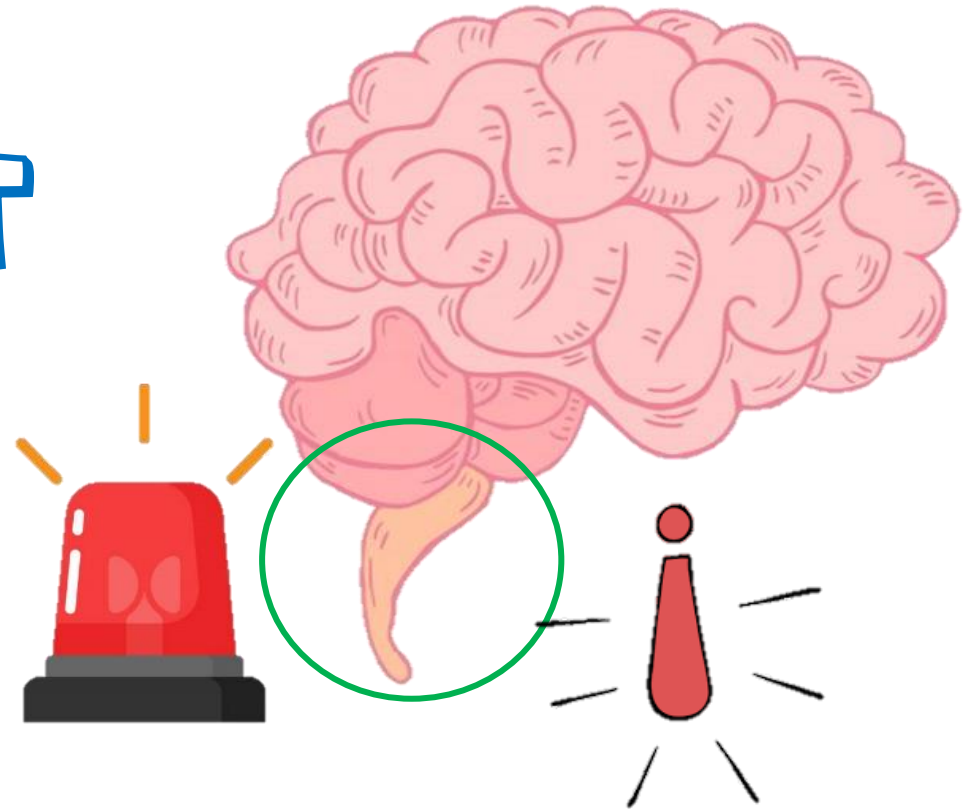
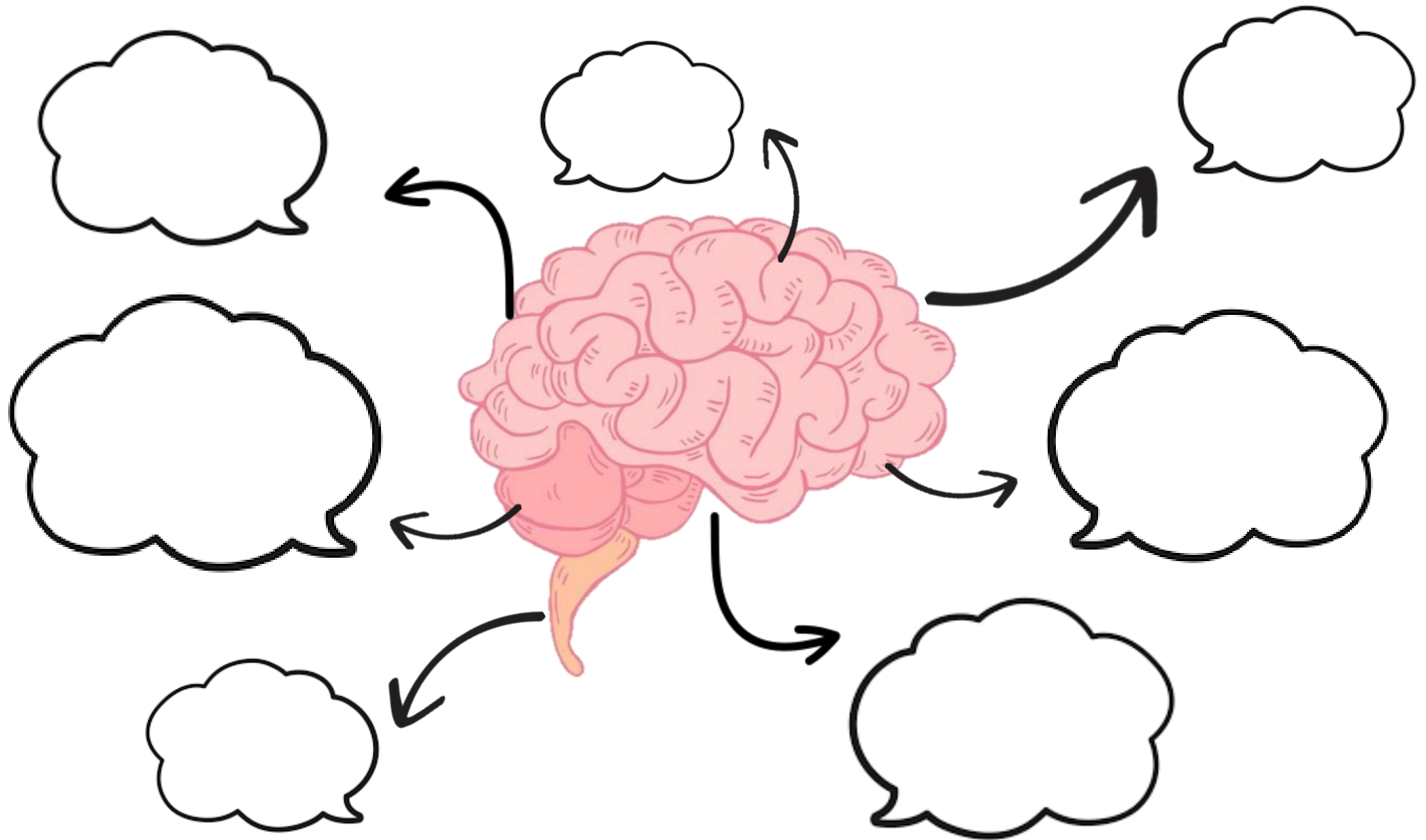


NAME: _____

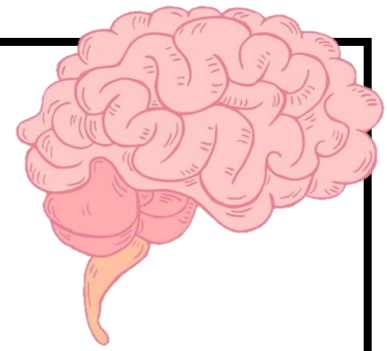
MY ALL ABOUT ANXIETY BOOKLET!



WHAT IS ANXIETY?



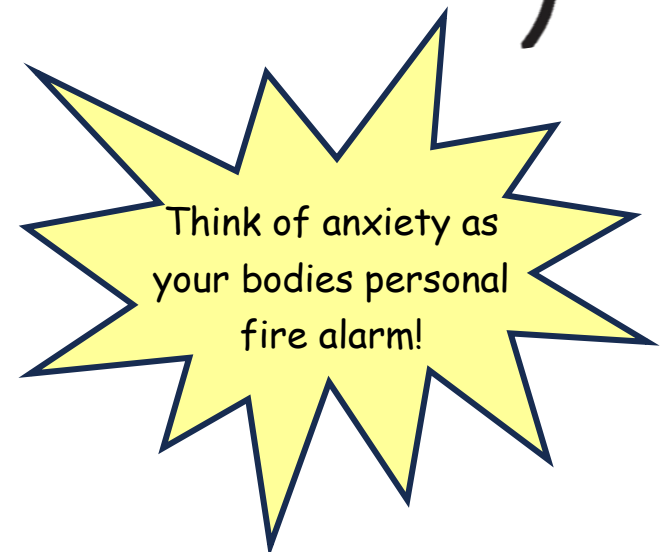
IS ANXIETY ALWAYS BAD?



THE SHORT ANSWER IS **NO**,
ANXIETY IS NOT ALWAYS BAD, AND
CAN BE REALLY HELPFUL SOMETIMES!

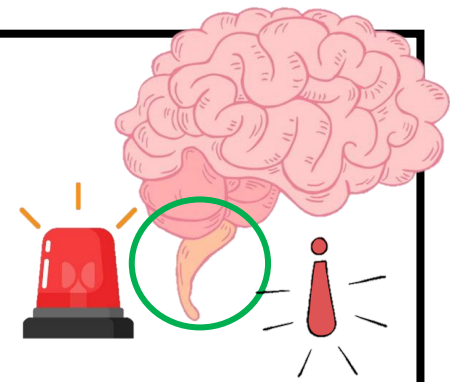
ANXIETY IS A **NORMAL** RESPONSE,
AND ACTUALLY MEANS OUR BRAIN IS
HEALTHY!

BELIEVE IT OR NOT, WE ARE BORN
WITH ANXIETY, AND IT'S MAIN JOB
IS TO KEEP US **SAFE!**



Think of anxiety as
your bodies personal
fire alarm!

THE FIGHT, FLIGHT, FREEZE RESPONSE!



WHEN OUR ANXIETY ALARM GOES OFF, THIS IS CALLED THE **FIGHT, FLIGHT, FREEZE** RESPONSE!

THIS IS OUR BODIES WAY OF KEEPING US **SAFE** FROM DANGER!

THIS IS A **NORMAL** REACTION THAT HAPPENS IN OUR BODY, AND IS TRYING TO HELP US! EVEN THOUGH IT MIGHT NOT FEEL LIKE IT SOMETIMES!



FIGHT



FLIGHT (RUN AWAY)



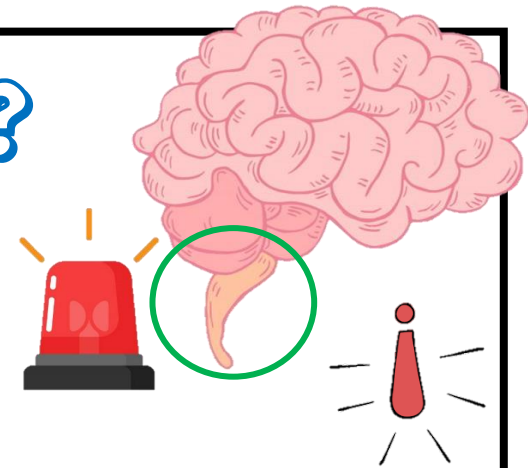
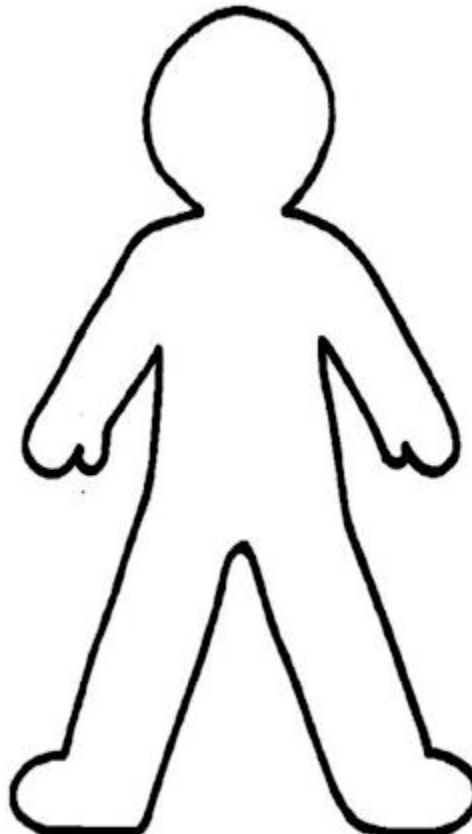
FREEZE (HIDE)



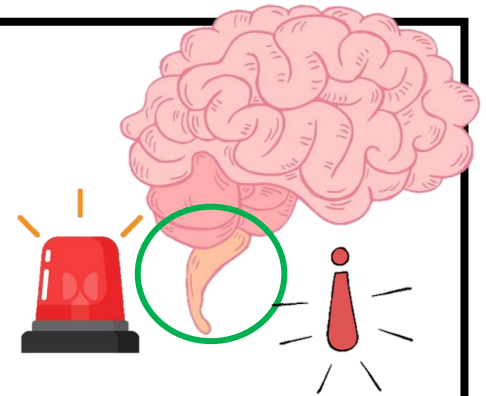
HOW DOES MY BODY RESPOND?

DRAW ARROWS POINTING TO THE BODY TO SHOW HOW YOUR BODY FEELS WHEN YOU'RE ANXIOUS:

- DO YOU TRY TO FIGHT, TRY TO RUN AWAY, OR TRY TO HIDE?



SITUATIONS WHEN MY ANXIETY IS HELPFUL!



DRAW OR WRITE ABOUT 3 SITUATIONS WHERE ANXIETY CAN BE HELPFUL!

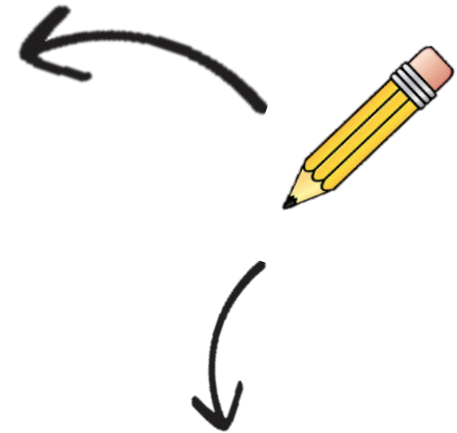
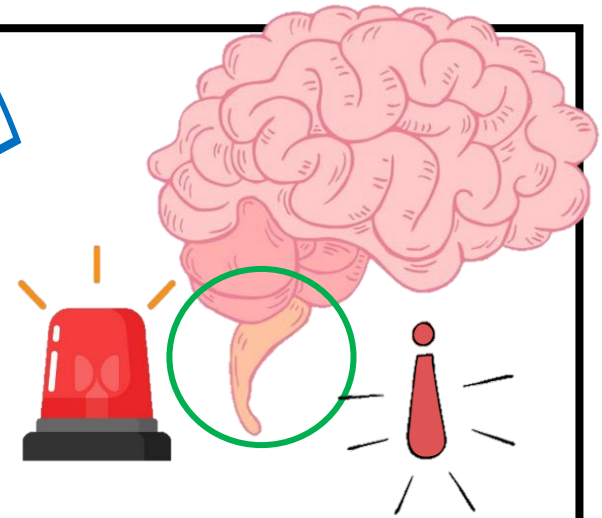
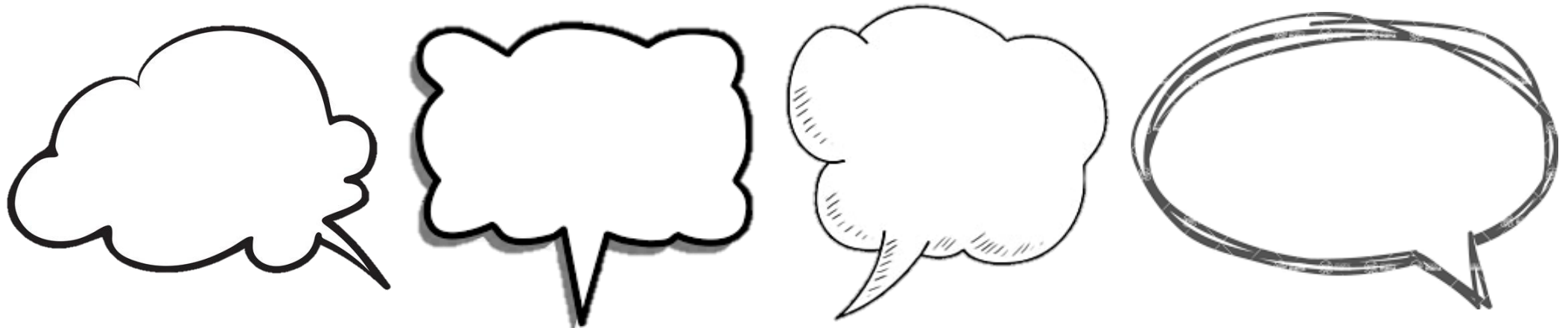
A large, empty rounded rectangular box with a black border, intended for drawing or writing.A large, empty rounded rectangular box with a black border, intended for drawing or writing.A large, empty rounded rectangular box with a black border, intended for drawing or writing.

WHEN DOES ANXIETY BECOME A PROBLEM?

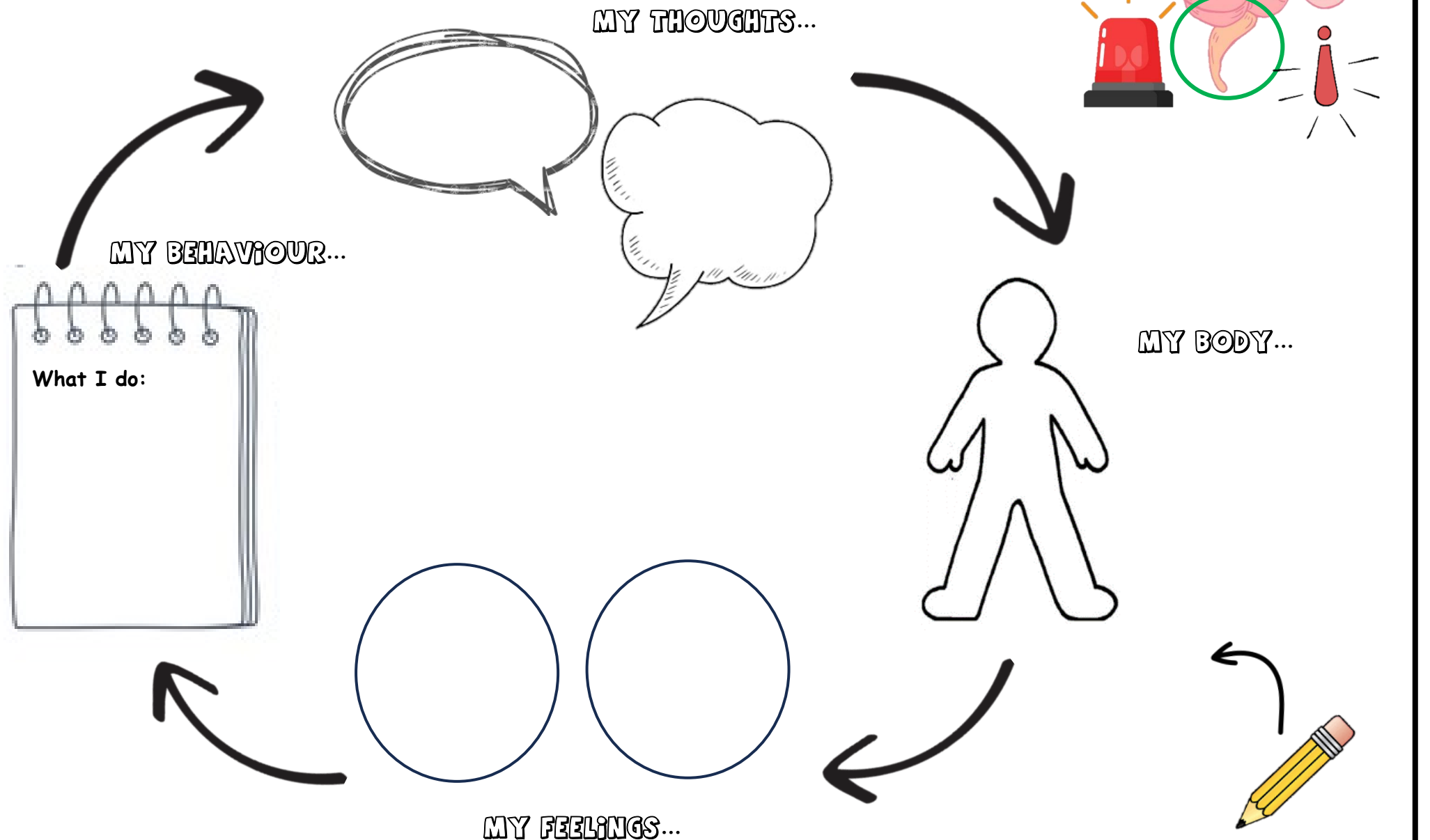
SITUATIONS MY BRAIN THINKS ARE DANGEROUS (BUT PROBABLY AREN'T):



WHY DOES MY BRAIN THINK THIS? (WHAT THOUGHTS DO I HAVE ABOUT THESE SITUATIONS?):



THE WORRY CYCLE!

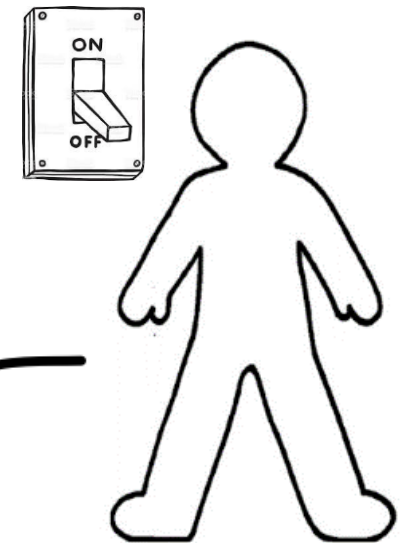
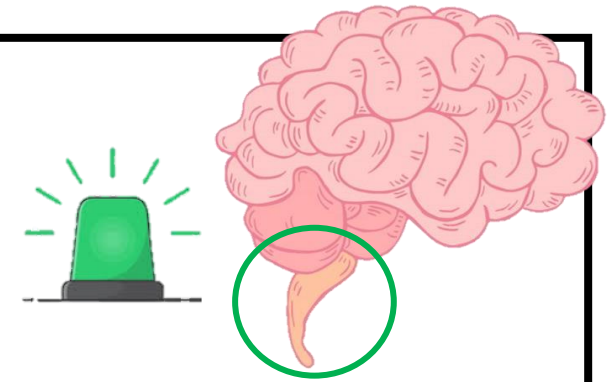


HOW CAN I FEEL BETTER WHEN THIS HAPPENS?

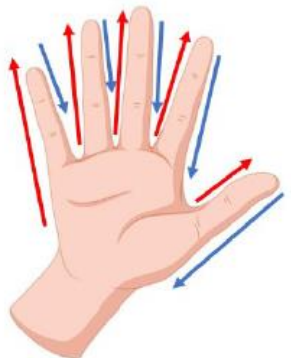
WHEN WE NOTICE OURSELVES BECOMING ANXIOUS, IT CAN HELP US FEEL BETTER IF WE CAN LEARN HOW TO **TURN OUR ALARM OFF!**

THE EASIEST AND QUICKEST WAY TO DO THIS, IS BY LEARNING TO **CONTROL OUR PHYSICAL SYMPTOMS!**

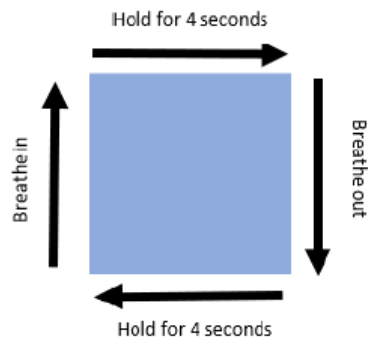
LET'S LOOK AT SOME STRATEGIES AND TECHNIQUES THAT CAN HELP US!



5 finger breathing



Box Breathing



5, 4, 3, 2, 1 Grounding



Colours grounding

E.g. how many red things can you see?



Progressive Muscle Relaxation

