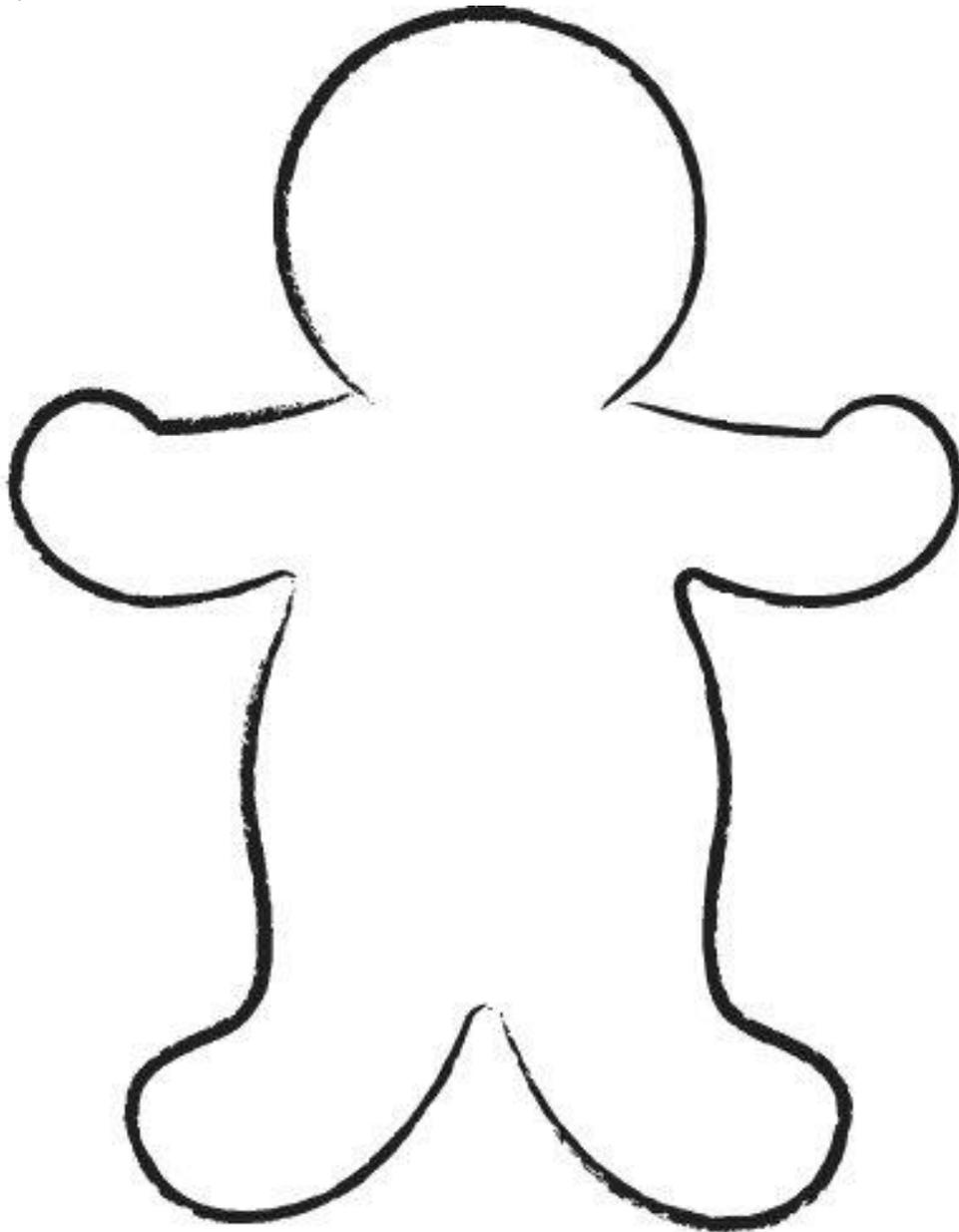


MANAGING ANXIETY, STRESS, OR FEAR:

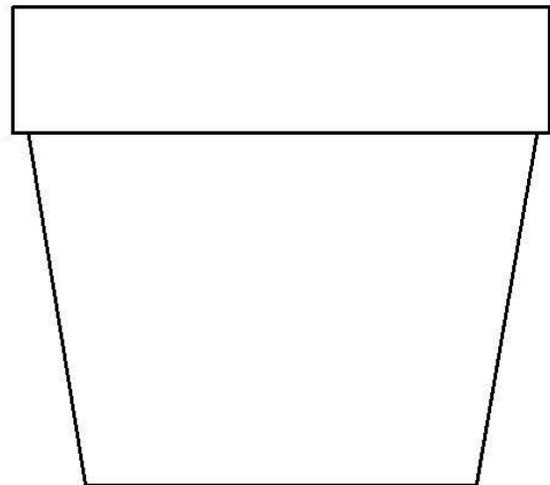
The first step to managing or coping with any emotion is to be able to identify how you are feeling. Take a minute and think about what emotions you are feeling today and what that emotion feels like in your body. For instance, when you are nervous do you get a feeling of butterflies in your stomach, shaky hands, heart racing?

- Complete the word search to find all the emotions on the list or you can choose to only find the emotions that you are feeling today.
- Color in this gingerbread man to show where and how you are feeling these feelings in your body.



The Worry Trap

Sometimes, when we give our worries a lot of attention they continue to grow until they are so scary and overwhelming that we don't know what to do anymore. Think of your worry like a seed, it starts out small, but as you feed and water it the plant continues to get bigger and bigger, and sometimes so big that it takes over. Draw your worry plant below and then list your worries, around the page, that are "feeding" your worry plant and making it grow.



The Worry Trap

Look at how many worry thoughts you had that are feeding your worry plant! Most of your thoughts are probably not 100% true! We need to shrink your worry plant and a good way to do that is to use a weed killer or positive thoughts. Change some of your worry thoughts to thoughts that are true, kind and positive and this will start to shrink your worry plant.

For example, if you have the worry thought of, "I will never get through this." You can change it to, "I have done hard things before and I can ask trusted adults for help when I need it." This positive thought may not make the worry disappear, but it makes it feel smaller and less overwhelming.

List your worry thoughts from the previous page in column 1 and then write a true, kind and positive thought next to it in column 2. If you find this hard to do, ask a trusted adult to help you come up with positive thoughts.

Your worry plant doesn't like positive thoughts!

Worry Thoughts:

1.

2

3.

4.

5.

Positive Thoughts:

1.

2.

3.

4.

5.

Relax

When you are struggling with feelings of anxiety, stress, or fear it is important to find a way to relax our minds and bodies. Below are some ideas of things you can do to help you relax. Some of the ideas might seem weird and you may think, "How would exercise help me relax?" Well, when we exercise, we burn the adrenaline that is produced by stress and fear. We also increase our heart rate which releases happy and calming hormones into our brains and helps us stay calm and relaxed longer.

1. **Get active!** Go on a run, play a sport you enjoy, do a workout. **Make sure to get your heart rate to increase that way our bodies can release those calming hormones.*
2. **Do Yoga.** There are A LOT of free YouTube videos for a guided Yoga session. If you don't have a yoga mat that is ok because you can use a bath towel or just do Yoga on your carpet or the grass outside. Have fun!
3. **Take deep breaths.** When using breath for calming it is important that we do it correctly. When we breathe in we increase our heart rate, but if we are trying to relax, we want our heart rate to decrease. So, when we exhale, or breathe out, we need to breathe out slowly. **Practice breathing in for 4 seconds, taking a short pause, and breathing out for 6 or more seconds. Repeat this breath as many times as you need.**
4. **Meditate.** There are also a lot of free meditation for kids' videos on YouTube. This is one that I like. https://www.youtube.com/watch?v=56_8aK3cLEA&t=218s or just go to YouTube and search KIDS MEDITATION-BUTTERFLY BODY SCAN.
5. **Tune into your senses.** I like to use an activity called "5,4,3,2,1." You can do this anywhere and at any time, so it is great for when a worry suddenly pops up.

Sight: Look around and list **5** things that you can see that are blue (or whatever color you choose.)

Touch: Describe **4** things you can feel without having to move from where you are right now.

Hear: Listen to your surroundings and list **3** things you can hear.

Smell: Try to find **2** things you can smell.

Taste: What is **1** thing you can taste?