

Anxiety Resource Pack



Guidance

- **Body Outline**

Use the body outline resource to teach individuals how their body might feel when they experience signs of worry or anxiety. They can circle the symptoms they have and if they wish create a worry boy or girl on the next page.

- **5 Point Scale**

A 5-point scale is used to teach individuals that feeling can be placed on a scale, the more heightened the feeling the higher the number. Individuals can change the colouring and include interest areas. It may make it easier to communicate feelings by using a number or colour e.g. I feel like a 3 or I feel orange. A list of calming ideas should also be incorporated into the scale with special focus being given around numbers 3 and 4.

- **Sticky Thoughts**

This resource can be used for individuals that don't like to refer to thoughts as anxiety or worries. We can refer to these thoughts as sticky thoughts, we can also think of another option (positive thought) to put into the blue bubble.

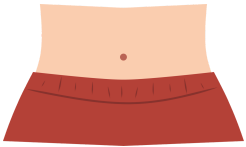
- **Calm Down ideas**

A list of coping tools for individuals to choose from. Also grounding ideas. You can find many more ideas online.

Body Outline

When we worry, our bodies might start to feel different

How does your body feel? - circle the right answer for you



My tummy
feels okay

My tummy
feels different

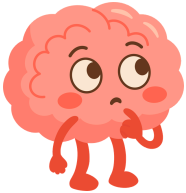
My tummy
feels very sick



Heart is the
same

Heart beats
faster

Heart beats
slower



I have calm
nice thoughts

I have a lot of
thoughts at once -
some are bad

I keep thinking I
need to get out



My hands and
feet are still

I fidget with
my hands

I can't stop
moving



My voice
stays the
same

I can be very
quiet

I can be loud or
my voice changes



I don't sweat

I sweat more



My body is
calm

My body is
shaking



I feel cool

I feel hot

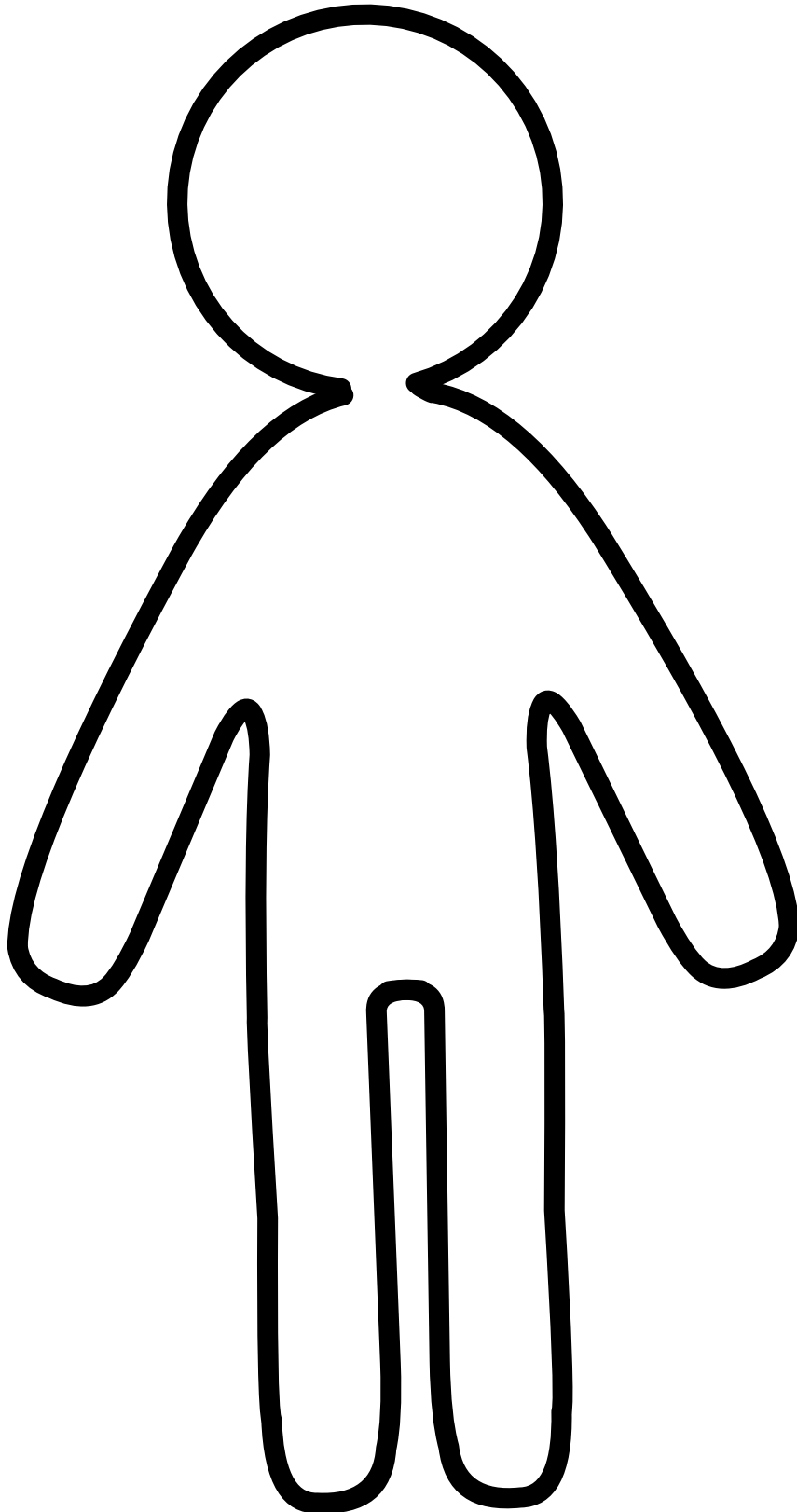


I don't cry

I do cry

Body Outline

Now that I have circled how my body feels,
when I am worried, I can draw all my symptoms here.



5 Point Scale

My 5-point scale

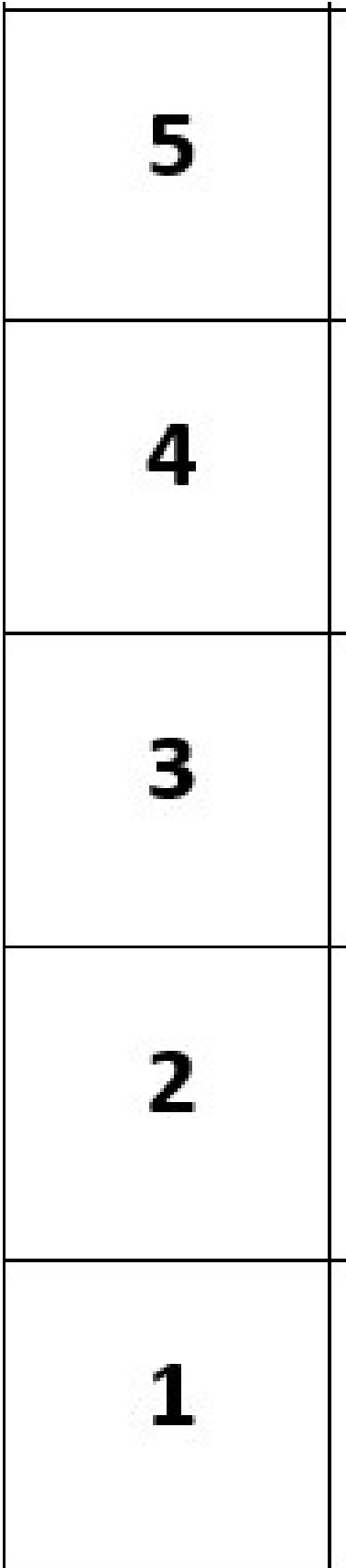
Number	How does it make me feel?	An example of a time you felt like this	What will calm you?
5			
4			
3			
2			
1			

5 Point Scale

Coloured



Black & White



Sticky Slimy Thoughts vs Nice Thoughts

Sometimes we get sticky slimy thoughts. These slimy thoughts start to make you worry about things you don't have to and get stuck in your head. Try and think about nice thoughts instead. _____ or _____ can help me think of nice thoughts.



Coping Tools: What Helps Me

- ☐ Read a Book or Magazine
- ☐ Hug or Climb a Tree
- ☐ Journal or Write a Letter
- ☐ Use Kind Self-Talk
- ☐ Rest, Nap or Take a Break
- ☐ Make a Collage or Scrapbook
- ☐ Go on a Hike, Walk or Run
- ☐ Take good care of Earth
- ☐ Drink Water
- ☐ Play a Board Game
- ☐ Do Something Kind
- ☐ Make and Play with Slime
- ☐ Discover Treasures in Nature
- ☐ Take a Shower or Bath
- ☐ Exercise
- ☐ Drink a Warm Cup of Tea
- ☐ Forgive, Let Go and Move on
- ☐ Practice Yoga
- ☐ Jump on a Trampoline
- ☐ Cuddle or Play with your Pet
- ☐ Practice Gratitude
- ☐ Do a Puzzle
- ☐ Blow Bubbles
- ☐ Smile and Laugh
- ☐ Ride a Bike or Skateboard
- ☐ Create Origami
- ☐ Cook or Bake
- ☐ Ask for Help
- ☐ Talk to Someone you Trust
- ☐ Weave, Knit or Crochet
- ☐ Build Something
- ☐ Get a Hug
- ☐ Visualise a Peaceful Place
- ☐ Stretch
- ☐ Make Art
- ☐ Use Positive Affirmations
- ☐ Take Slow, Mindful Breaths
- ☐ Clean, Declutter or Organise
- ☐ Use Aromatherapy
- ☐ Cry
- ☐ Try or Learn Something New
- ☐ Listen to Music
- ☐ Get Plenty of Sleep
- ☐ Use a Stress Ball or Fidget Toy
- ☐ Kick, Bounce or Throw a Ball
- ☐ Take or Look at Photographs
- ☐ Eat Healthy
- ☐ Play Outside
- ☐ Sing and/or Dance



Breathe Out

My Grounding Techniques

Breathe In

Be A Tree

"I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world."

Senses 5,4,3,2,1

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

Give yourself a Power Hug

Practice placing the left hand on the right shoulder for a tap and then the right hand on the left shoulder for another tap. Then squeeze into a hug and say something like "I am in control," or "I am safe in this moment." Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. Repeat this as many times as needed!

What can you see

- 5 colours you can see
- 4 shapes you can see
- 3 soft things you can see
- 2 people you can see
- 1 thing you can read

Find something in the room that begins with each letter (until you feel calmer)

A B C D E F
G H I J K
L M N O P
Q R S T U V
W X Y Z