

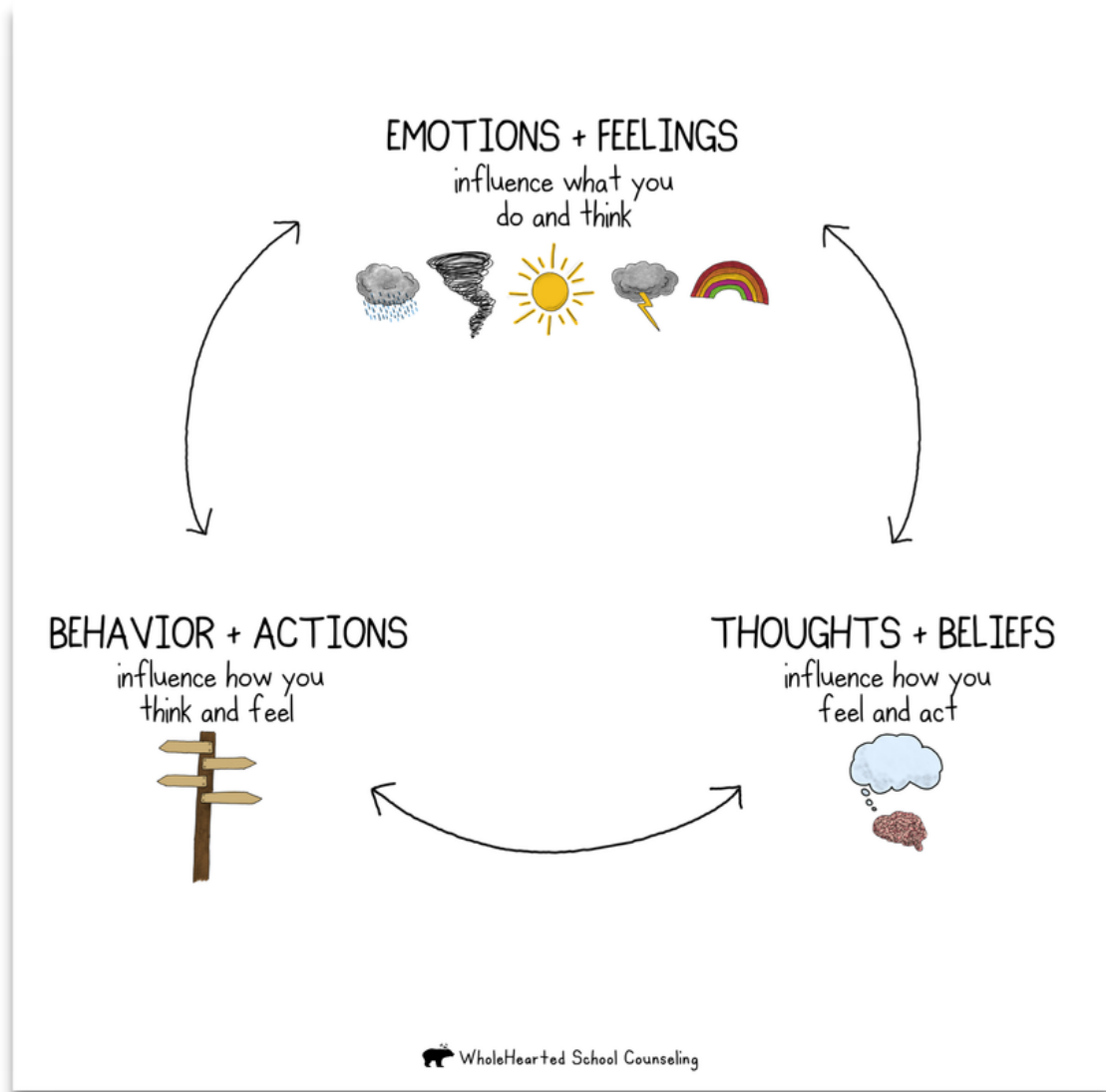
Trafford Thrive in Education

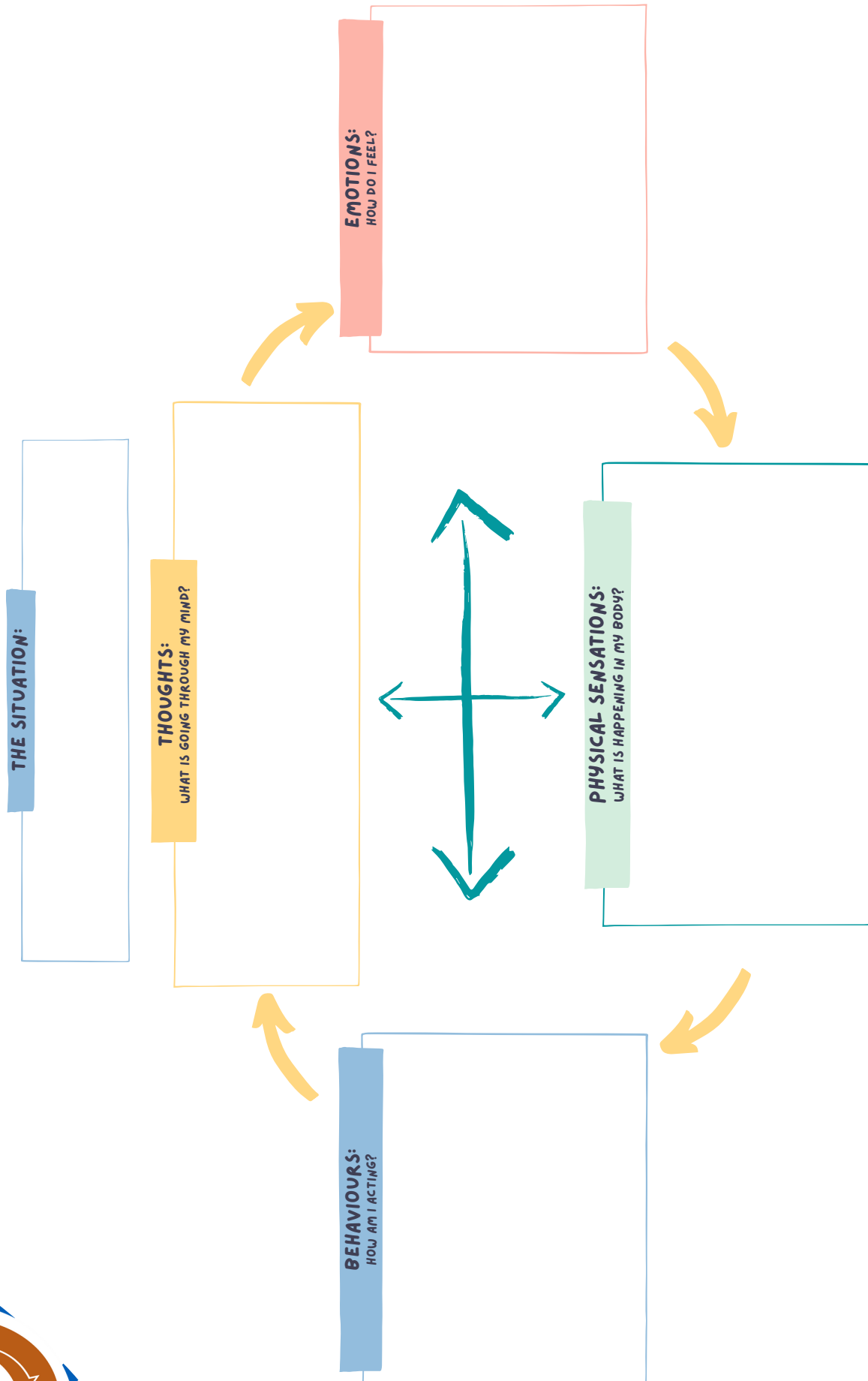
MANAGING MY WORRIES



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THOUGHTS, FEELINGS AND BEHAVIOURS





HELPFUL VS UNHELPFUL COPING STRATEGIES

Safety Behaviours video

<https://www.youtube.com/watch?v=J-EjbMmGZpU>



While some behaviours provide short term relief, they can actually cause more problems in the long term by keeping anxiety going or causing other forms of distress. It might be helpful to think of these behaviours as unhelpful habits.

Can you recognise any safety behaviours you may be doing?



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UNHELPFUL STRATEGIES TO DEAL WITH UNCERTAINTY

Examples of safety behaviours:

Rehearsing what to say before speaking to someone

Only going shopping at quiet times of day

Covering mouth when talking

Not making eye contact when walking down street

Asking someone again and again if they think you will be OK

Texting a parent/carer to check

Checking for signs of danger


Rituals or superstitions designed to prevent bad things from happening



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IDENTIFYING HELPFUL COPING STRATEGIES

What helps you with symptoms of anxiety?



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WHAT IS ANXIETY?

Anxiety is a **normal emotion** that everyone feels at some point in their life. It can be difficult to control and **can impact our lives by making it difficult to do certain things**. While it can feel horrible and uncomfortable, it isn't harmful. It is a normal response and can be very helpful and appropriate when we are really under threat.

The Fight, Flight or Freeze response



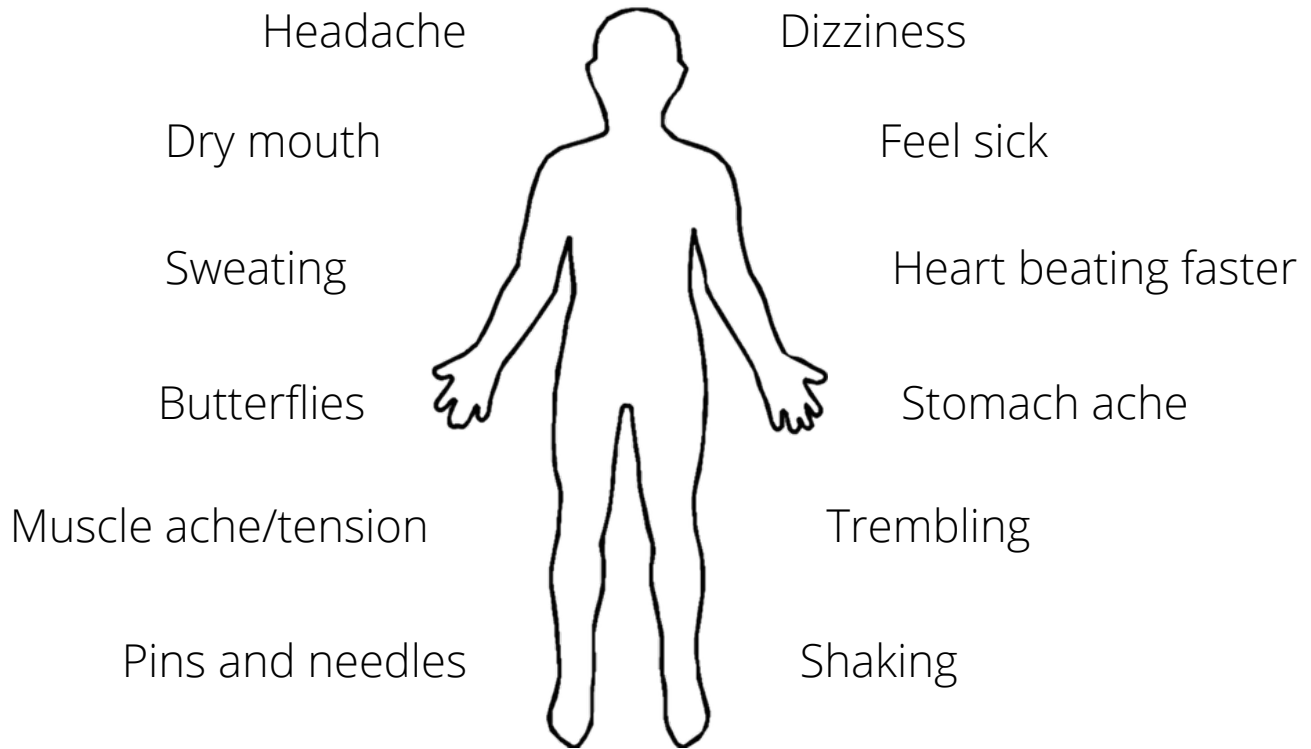
Click the link or scan the QR code to watch a video:
<https://www.youtube.com/watch?v=rpolpKTWrp4>



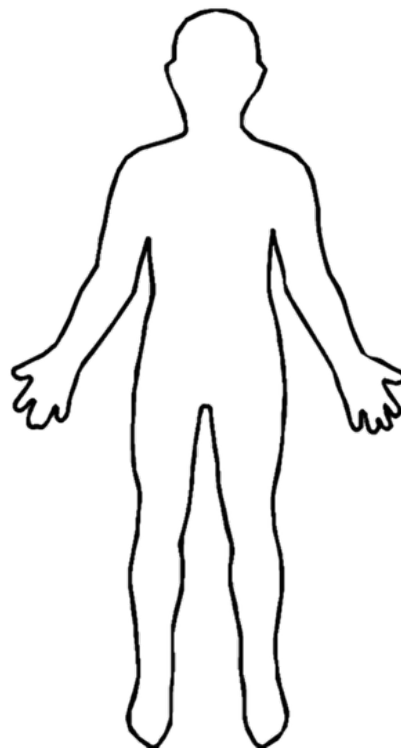
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PHYSICAL SYMPTOMS

When the 'Fight, Flight or Freeze' response kicks in, we might notice some of the following symptoms:




How do you experience the 'Fight, Flight or Freeze' response?



RECOGNISING NEGATIVE THOUGHTS

Unhelpful Thinking Styles

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

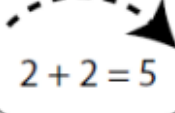
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count


Jumping to conclusions



There are two key types of jumping to conclusions:


- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot


should

must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

I'm a loser
I'm completely useless
They're such an idiot

Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.



CHALLENGING NEGATIVE THOUGHTS

Putting your thoughts on trial

Thought to be questioned



Is this thought helpful?

What is the evidence for this thought?

What is the evidence against this thought?

Is there another way to look at this?

How would someone else see this?



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CHALLENGING NEGATIVE THOUGHTS

Putting your thoughts on trial

Am I making any assumptions?

Is this fact or opinion?

Is my thought a likely scenario or worst case scenario?

What advice would I give someone else?

Can you come up with a more realistic thought?



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CHALLENGING NEGATIVE THOUGHTS

AUTOMATIC NEGATIVE THOUGHTS



WAYS TO CHALLENGE NEGATIVE THOUGHTS

What is a more helpful thought?

What is another possibility?

What would the people who care about me say?

What is the worst that could really happen?

If my friend had this thought, what would I tell them?

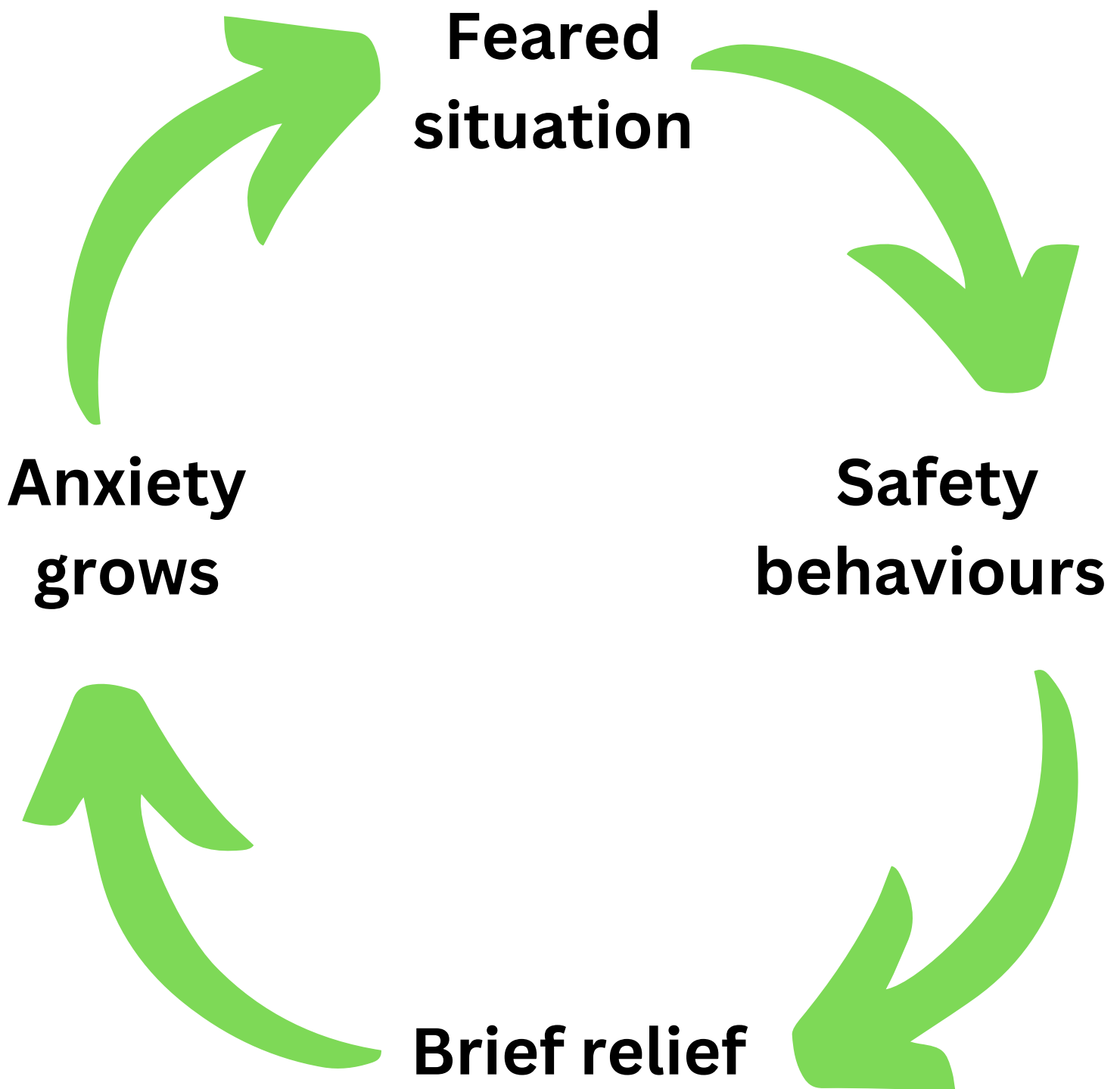
Can I be 100% sure this is true?

If the worst really did happen, what could I do to deal with it and who could help me?

What is the best possible outcome?



WHAT KEEPS ANXIETY GOING?

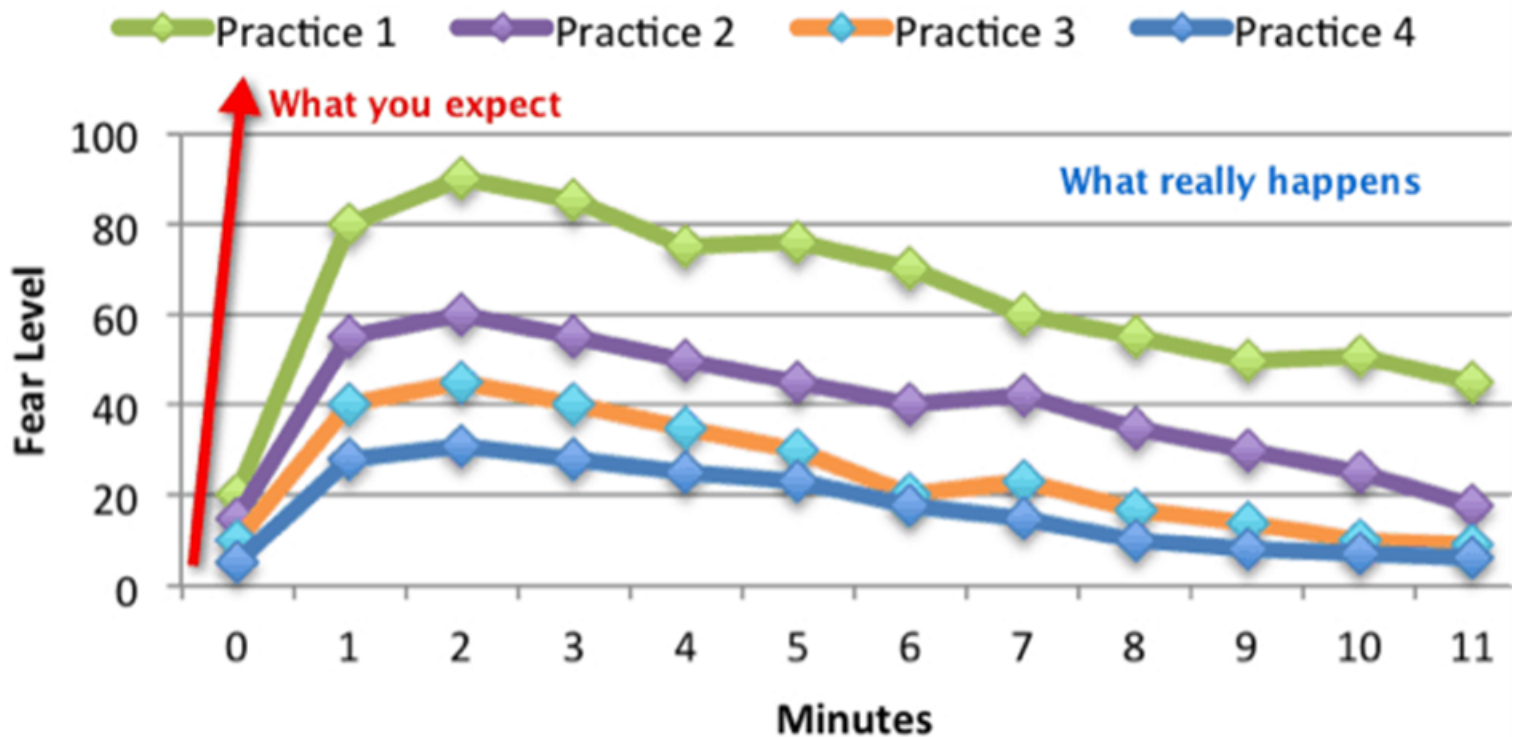


HABITUATION

Getting used to things

The more you do it, the easier it becomes

Fear Level Over Time



Can you think of a time you tried something new? How did you feel before it? During it? After it? How did you feel when you tried it again? How do you feel about doing it now?



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SORTING WORRIES



Hypothetical worries

Things you're worried about that aren't something that you can do anything about because they have not actually happened yet.

Problem worries

Worries that are a problem now and are about things that either have happened or will 100% happen.

Hypothetical worries Things you're worried about that aren't something that you can do anything about because they have not actually happened yet.	Problem worries Worries that are a problem now and are about things that either have happened or will 100% happen.



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CAN I DO SOMETHING ABOUT IT?

In my control

Out of my control

WORRY TREE

Notice the problem



What am I worrying about?



Is there something that I could do about this worry?

Ask yourself: Has it already happened or is it 100% going to happen?



Yes

(Problem worry)



**Use problem solving to
find a solution**

1. Write it down
2. Think of all the ideas you can to solve the problem
3. Choose the best solution
4. Make a plan of action to put your solution in place



**Focus your attention
away from the worry**

To do this you could:

- Focus on what you're doing
- Do something different
- Use the 5,4,3,2,1 technique
- Use breathing techniques
- Muscle relaxation

No

(Hypothetical worry)



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To do this you could:

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PROBLEM SOLVING FLOWCHART



Step 1: What is the Problem?

Be as specific as possible.

Step 2: Solutions

Think about different solutions to the problem.



Step 3: Pros and Cons

Identify strengths and weaknesses of each solution. Is it likely to work? Is it practical?



Step 4: Select a Solution

Looking at the pros and cons, which is the best and most practical solution?



Step 5: Plan Solution

What – What solution have you picked for the problem?
What steps do you need to do to make it happen?

Who – Is there anyone that can help you with it?

When – What day and what time?

Where – Where are you acting on your solution?



Step 6: Do it!

Step 7: Reflect

How did it go? If it didn't work, is there another solution that you could try?



PROBLEM SOLVING

What is the problem?

Potential Solutions	Advantages	Disadvantages	List from best to worse	What steps do I need to take?

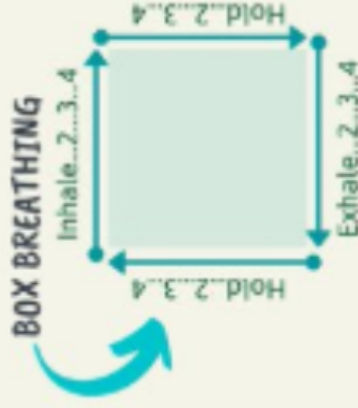
CALMING STRATEGIES

Breathing

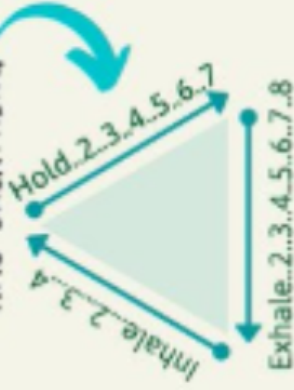


Breath control is a natural tranquilizer as it helps slow down our heart rate.

Place one hand on your belly and the other on your chest. When you breathe, your belly should expand, your chest should remain still.



4:7:8 BREATHING



Grounding



Grounding brings you back to the present, allowing your mind to calm and focus on what it is important for you.

Use these exercises to help you ground in the present moment.

- 5 Things that you can
- 4 Things that you can
- 3 Things that you can
- 2 Things that you can
- 1 Things that you can

ROOM SEARCH



Find everything in the room that fits one category. For example:

Find everything that's green

Find all of the squares in the room

Count the in the room

Relaxation



By relaxing our body we can release the accumulated tension in our muscles.

One way to do this is to tense and relax all the muscles in your body one by one:

TENSE FOR 5 SECONDS **PAUSE FOR 10 SECONDS**

1. Raise your eyebrows
2. Clench your eyelids
3. Open your mouth wide
4. Raise your shoulders
5. Take a deep breath
6. Clench your fists
7. Pull in your tummy
8. Tighten your buttocks
9. Pull your toes upwards
10. Curl your toes