

ANXIETY

SCHOOLBAG TOOLS

Name:



CORONAVIRUS AND ME

Life has changed a lot in the past few months. We haven't been able to do normal things like going to school, meeting friends, going to the shops or going to the cinema.

Slowly, we have been able to do some things again but lots of things are still different; we can't go to all the places we would have gone before, we need to give people extra space, sometimes we have to wear masks and we need to keep cleaning our hands.

There were some nice parts of being at home all of the time.

In our own houses we don't have to worry as much about other people or things like hand-washing, social distancing, and what to do when we cough or sneeze.

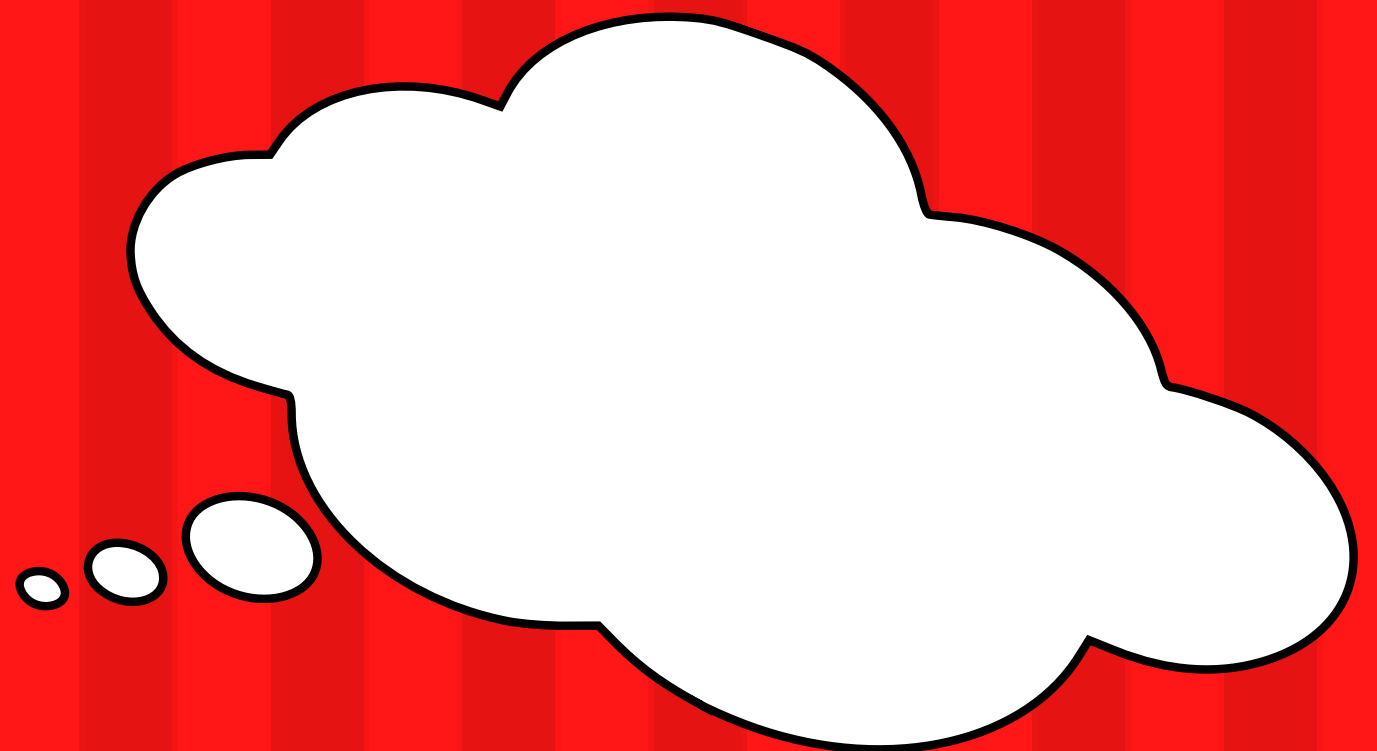
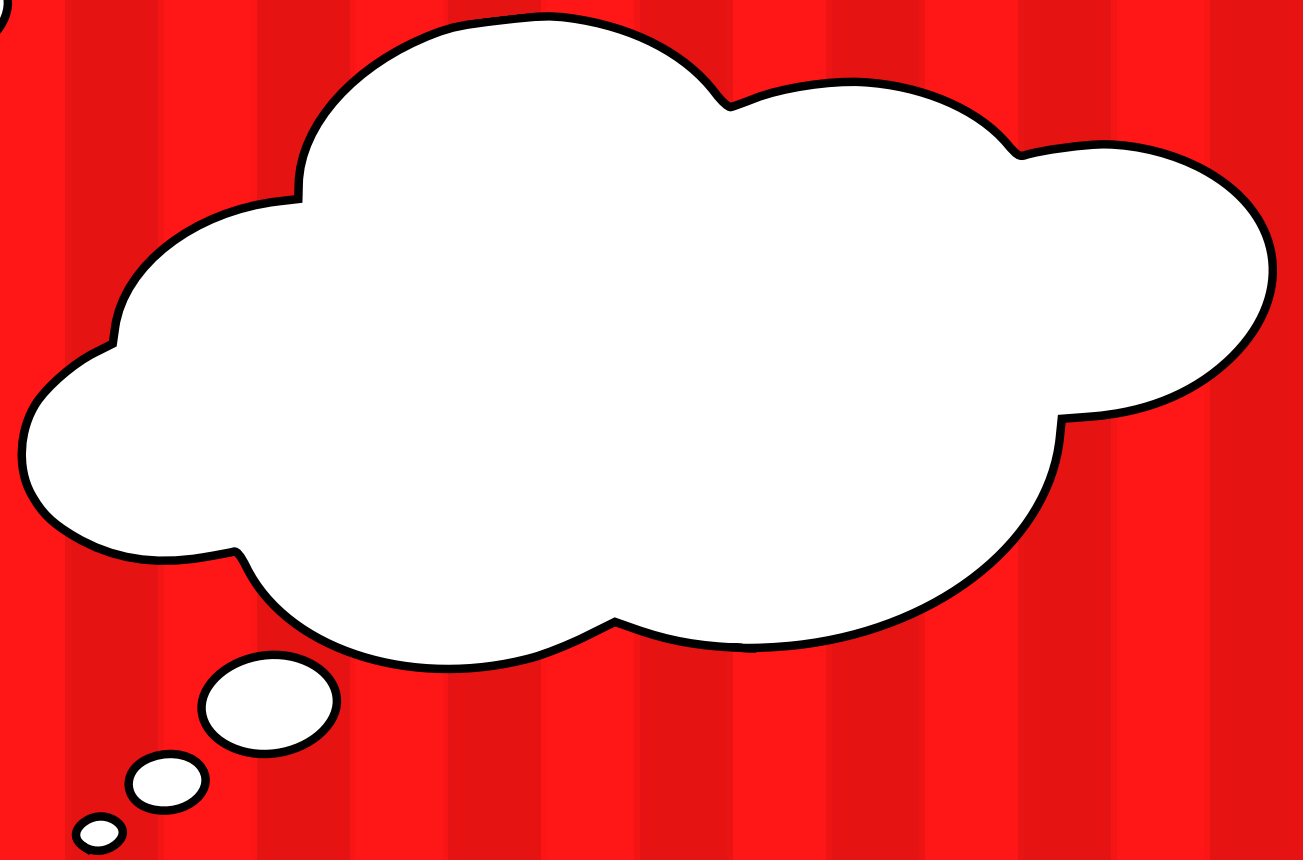
It has been nice to spend lots of time with family.

Going back to school can be exciting but a bit scary because we have gotten used to being at home.



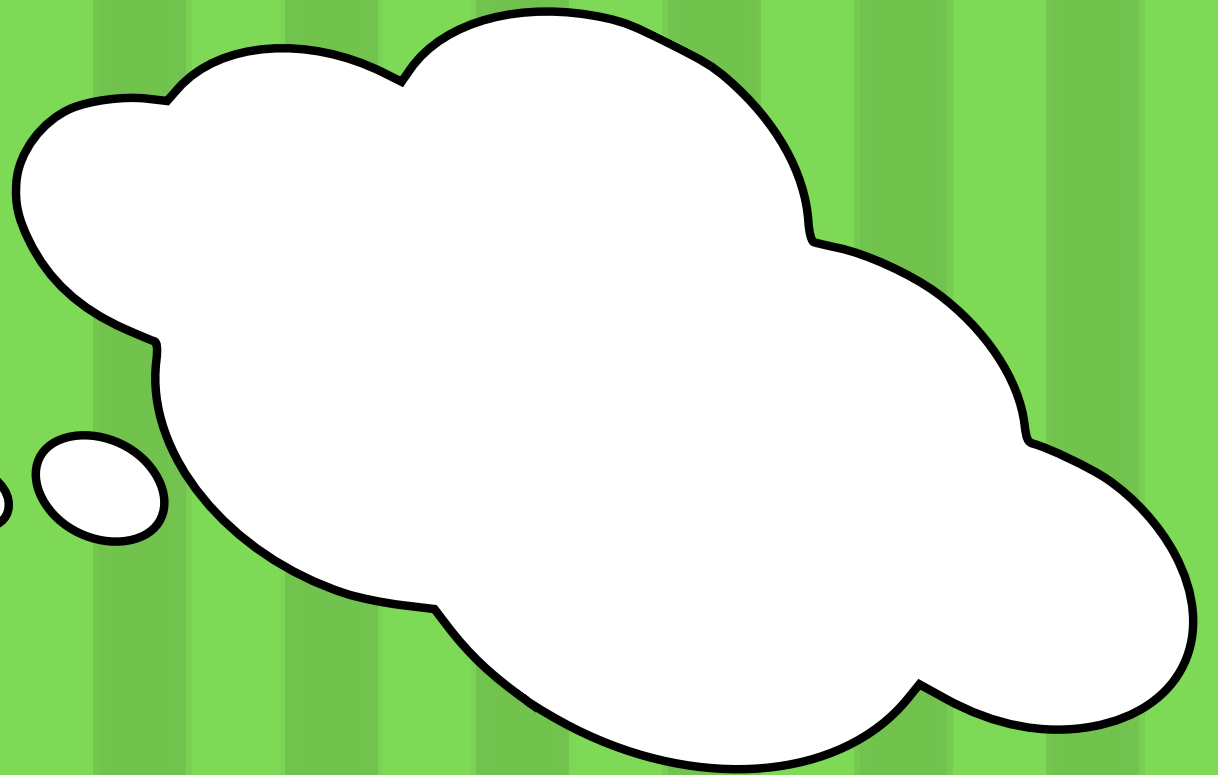
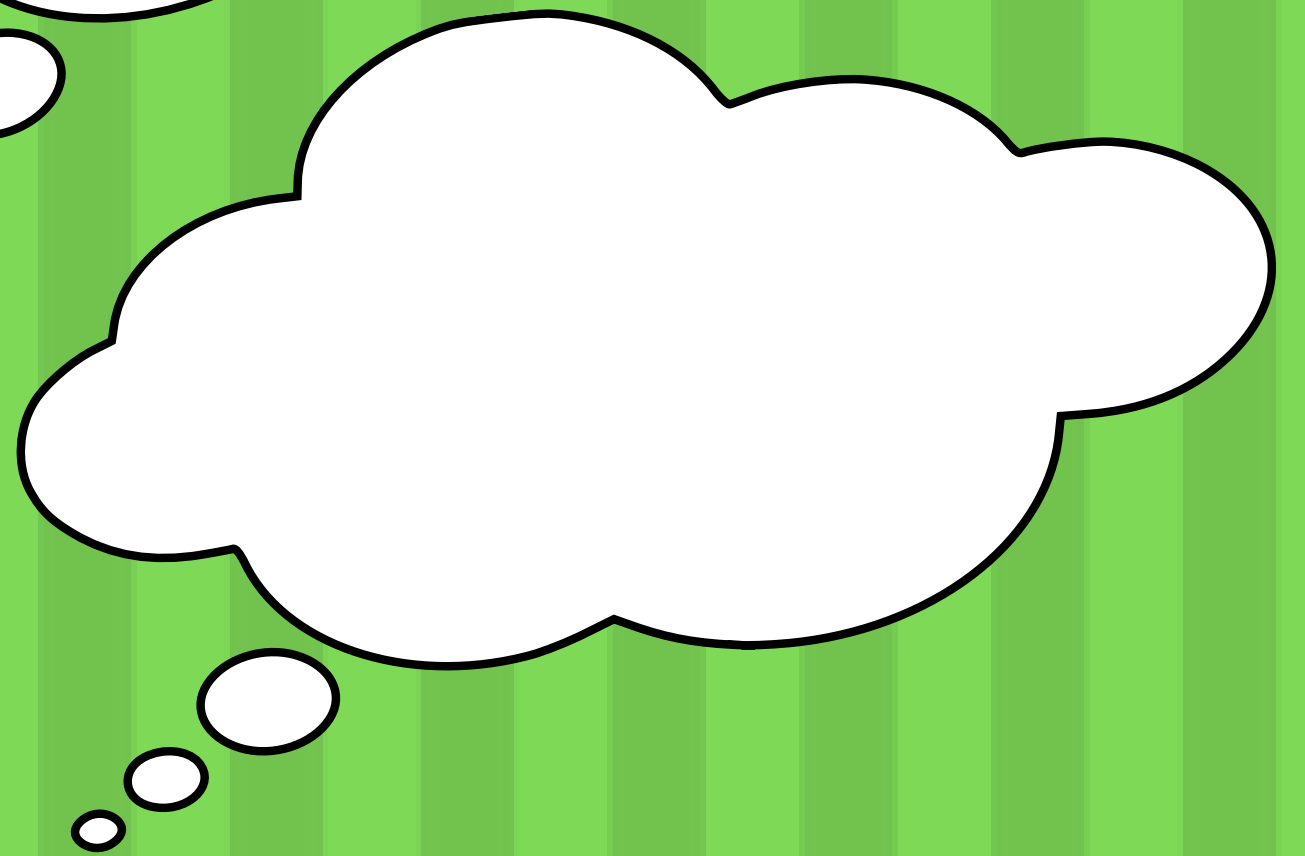
GOING BACK TO SCHOOL

WE HAVEN'T BEEN IN SCHOOL FOR A LONG TIME AND WE MIGHT FEEL A BIT SCARED OR ANXIOUS ABOUT GOING BACK. USE THE SPACE BELOW TO WRITE DOWN ANYTHING THAT MIGHT BE WORRYING YOU ABOUT GOING BACK TO SCHOOL.



GOING BACK TO SCHOOL

USE THE SPACE BELOW HERE TO WRITE DOWN ANYTHING YOU ARE HAPPY OR EXCITED ABOUT WHEN YOU THINK ABOUT GOING BACK TO SCHOOL.



MY SCHOOL DAY

WHEN WE HAVEN'T BEEN IN SCHOOL WE MAY NOT HAVE HAD AS MUCH OF A ROUTINE TO OUR DAY. USE THE PAGE BELOW TO WRITE DOWN WHAT YOUR DAY WILL LOOK LIKE WHEN YOU ARE BACK AT SCHOOL. IT MIGHT BE A GOOD IDEA TO PRACTICE SOME PARTS OF THE DAY LIKE GETTING UP AND GOING TO BED AT THE SAME TIME A FEW DAYS BEFORE GOING BACK TO SCHOOL.



MORNING



SCHOOL DAY



AFTER SCHOOL

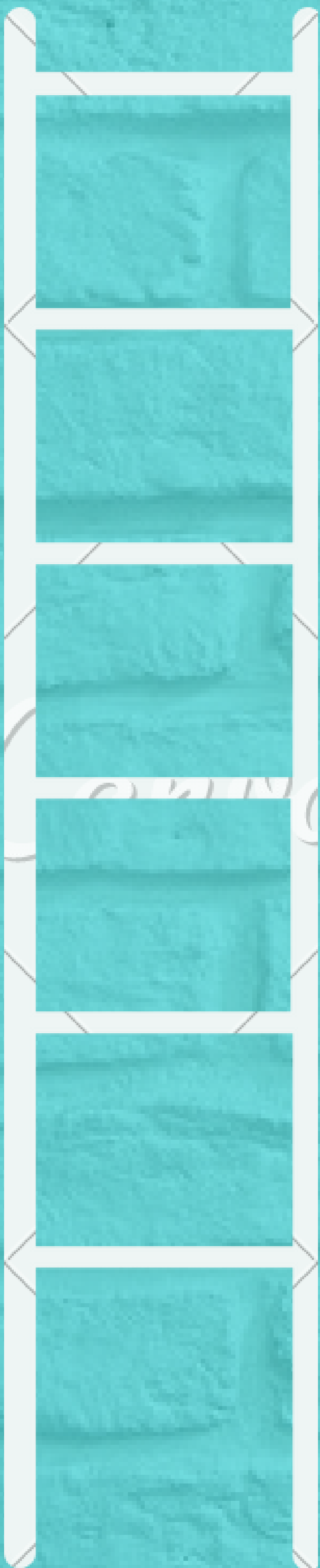


NIGHT TIME

STAIRWAY TO BRAVERY

CAN YOU THINK OF DIFFERENT STEPS YOU COULD TRY FIRST TO HELP MAKE GOING BACK TO SCHOOL EASIER

SITUATION: GOING BACK TO SCHOOL



Blank white rectangular boxes for writing, arranged in a column on the right side of the page, corresponding to the rungs of the ladder.

RED AND GREEN THOUGHTS

REMEMBER: **Red Thoughts** are unhelpful thoughts that make you feel bad and make it harder to do the things you want to do.

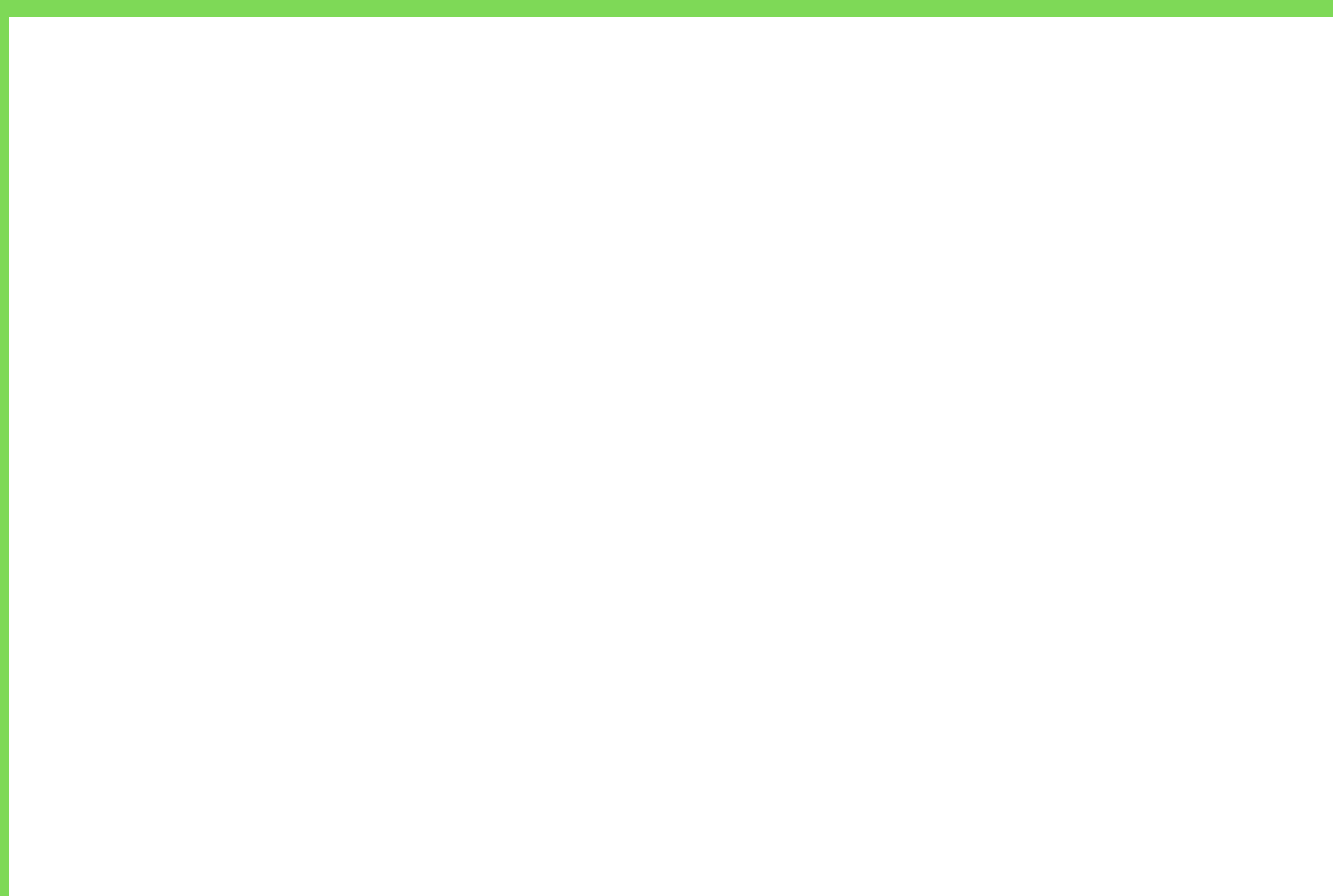
Green Thoughts are helpful thoughts that make you feel good and make it easier to do the things you want to do.

Change a **Red Thought** you have to a **Green Thought** in the boxes below: Are there any red thoughts about going back to school that you could change to green thoughts?

RED THOUGHTS

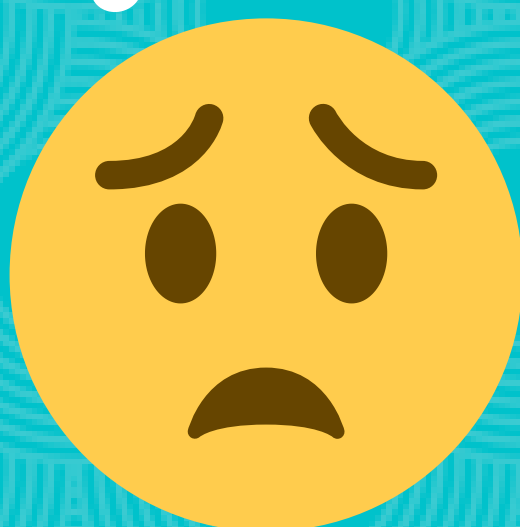


GREEN THOUGHTS



TALKING BACK TO MY WORRY

CAN YOU THINK OF THINGS TO SAY BACK TO YOUR WORRY THOUGHTS WHEN THEY POP UP?



THINGS YOU CAN DO WHEN YOU FEEL ANXIOUS



- **FOCUS YOUR BRAIN ON ANOTHER ACTIVITY** (read a book, play a game, do a puzzle, watch tv)



- **PARTICIPATE IN PHYSICAL ACTIVITY OR SPORT**



- **USE DEEP BREATHING EXERCISES**



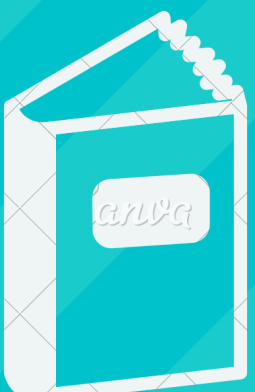
- **IMAGINE YOURSELF IN A SPECIAL PLACE**



- **THINK POSITIVELY USING AFFIRMATIONS**



- **FIND SOMETHING FUNNY THAT WILL MAKE YOU LAUGH**



- **WRITE YOUR WORRIES IN A JOURNAL**

TOOL 1 - BREATHING

Relaxed Breathing

When we are anxious or threatened our breathing speeds up in order to get our body ready for danger. Relaxed breathing signals the body that it is safe to relax. Relaxed breathing is slower and deeper than normal breathing, and it happens lower in the body (the belly rather than the chest).

How to do relaxed breathing

- To practice make sure you are sitting or lying comfortably.
- Close your eyes if you are comfortable doing so.
- Try to breathe through your nose rather than your mouth.
- Deliberately slow your breathing down. Breathe in to a count of 4, pause for a moment, then breathe out to a count of four.
- Make sure that your breaths are smooth, steady, and continuous - not jerky.
- Pay particular attention to your out-breath - make sure it is smooth and steady.

Am I doing it right? What should I be paying attention to?

- Relaxed breathing should be low down in the abdomen (belly), and not high in the chest. You can check this by putting one hand on your stomach and one on your chest. Try to keep the top hand still; your breathing should only move the bottom hand.
- Focus your attention on your breath - some people find it helpful to count in their head to begin with ("In ... two ... three ... four ... pause... Out ... two ... three ... four ... pause ...").

How long and how often?

- Try breathing in a relaxed way for at least a few minutes at a time - it might take a few minutes for you to notice an effect. If you are comfortable, aim for 5-10 minutes.
- Try to practice regularly - perhaps three times a day.

Tips and Tricks

- Find a slow breathing rhythm that is comfortable for you. Counting to 4 isn't an absolute rule. Try 3 or 5. The important thing is that the breathing is slow and steady.
- Some people find the sensation of relaxing to be unusual or uncomfortable at first but this normally passes with practice. Do go with it and keep practising. When we are anxious or threatened our breathing speeds up in order to get our body ready for danger. Relaxed breathing signals the body that it is safe to relax. Relaxed breathing is slower and deeper than normal breathing, and it happens lower in the body (the belly rather than the chest).

BREATHE IN
1.2.3.4.



PAUSE 1.



BREATHE OUT
1.2.3.4.



PAUSE 1.



TOOL 2 - PROGRESSIVE MUSCLE RELAXATION

During the fight-or-flight response, the tension in our muscles increases. This can lead to a feeling of stiffness, or even back and neck pain. Progressive muscle relaxation teaches us to become more aware of this tension so we can better identify and address stress.

Find a private and quiet location. You should sit or lie down somewhere comfortable.

The idea of this technique is to intentionally tense each muscle, and then to release the tension. Let's practice with your feet.

a. Tense the muscles in your toes by curling them into your foot. Notice how it feels when your foot is tense. Hold the tension for 5 seconds.

b. Release the tension from your toes. Let them relax. Notice how your fingers feel differently after you release the tension.

c. Tense the muscles all throughout your calf.

Hold it for 5 seconds. Notice how the feeling of tension in your leg feels.

d. Release the tension from your calf, and notice how the feeling of relaxation differs.

Follow this pattern of tensing and releasing tension all throughout your body. After you finish with your feet and legs, move up through your torso, arms, hands, neck, and head

TENSE



HOLD 5 SECONDS



RELAX



TOOL 3 - IMAGINATION

Treehouse Relaxation Script

1. Get your body comfortable and gently close your eyes.
2. Slowly take three deep breaths, in through your nose and out through your mouth.
3. Spend a moment or two, relaxing your feet and legs. Letting go of any tightness and letting them become heavy and relaxed. Imagine a wave of blue light traveling up from the earth into your feet and legs, relaxing everything it touches.
4. Now relax your tummy, chest, and shoulders. Imagine this wave of blue light sweeping through and relaxing this area for you.
5. Pay attention to your arms and fingers, allow the blue light to move through. Feel how relaxed you are.
6. Finally bring the blue light to your head and allow it to flow out of the top of your head and into the air around you. Beautifully done!
7. Imagine you are standing in front of a massive tree. This tree has deep, deep roots and branches that reach out in every direction.
8. This tree is home to your very own treehouse. This is a treehouse of your own design. Picture how you would like your treehouse to look.
9. (Pause between each idea) You can add swings, windows, trapdoors, plants, animals, your favorite things, your favorite colors, just allow yourself to design the treehouse anyway you like.
10. Can you see it? Good. Now allow yourself to travel inside the treehouse. (Pause) Are you inside? Good.
11. Inside the treehouse, imagine anything that makes you feel good to think about. Place pillows, waterfalls, plants, trees, birds, pictures of mountains, anything that you would like that you feel good when you think about it. Go ahead and design the inside of your treehouse now.
12. Know that when you go inside your treehouse you feel really really relaxed. This is a place to let go of all your thoughts, all your worries.
13. Take a deep breath and allow yourself to feel very peaceful and relaxed inside your treehouse.
14. This is a place that you can go any time you would like to feel more peaceful and calm. Know that your treehouse is available to you any time you would like. You can visit here whenever you would like.
15. Now take a deep breath and imagine yourself walking down out of your treehouse. Gently bring your attention back to the room.
16. Rub your hands together to make them warm. Gently place them over your eyes.
17. You can open your eyes whenever you are ready.

SCHOOLBAG TOOLS

THINK ABOUT WHAT TOOLS YOU COULD BRING
OR USE IF YOU ARE FEELING ANXIOUS GOING
BACK TO SCHOOL



MY SUPPORT TREE

THINK OF SOME PEOPLE BOTH AT SCHOOL AND AT HOME WHO YOU CAN GO TO FOR HELP IF YOU ARE FEELING ANXIOUS AND WRITE THEIR NAMES ON THE LEAVES BELOW

