

Anxiety / Worry Overview

This resource is intended for students between the ages of 9 and 15. It is not a one size fits all. The resources provided will need to be selected carefully to suit the individuals.

The activities will help to provide knowledge and tools to help combat anxiety , worry and stress. The information and activities are based on research and studies that are evidenced based and that mostly focus on the CBT (*cognitive behavior therapies*) relaxation and being mindful.

** It should be noted, for severe cases of anxiety, a medical professional should be consulted and involved.

There are various versions of checklists and personal profiles provided to help the end user tailor effective strategies for each individual.

The difference between anxious thinking and normal thinking is that the anxious thinker tends to focus on the likelihood of more serious threats, exaggerated dangers and has few coping, relaxation and problem solving strategies.

The normal thinker focuses much more realistically, is able to problem solve and cope during more challenging situations or events. The goal of the resources here is to move the individual from the anxious thinker to a more normalized thinker.

When using the activities in this resource, use the profiles and checklists that are best suited to the individual. From there, select the strategies and activities that will support the following progression toward coping with anxiety:



changing thoughts (*what we say to ourselves – self-talk usually determines our moods and feelings*)



focus on being realistic



focus on what can be controlled, not what can't be controlled



disengage with appropriate coping/calming strategies