

Anxiety

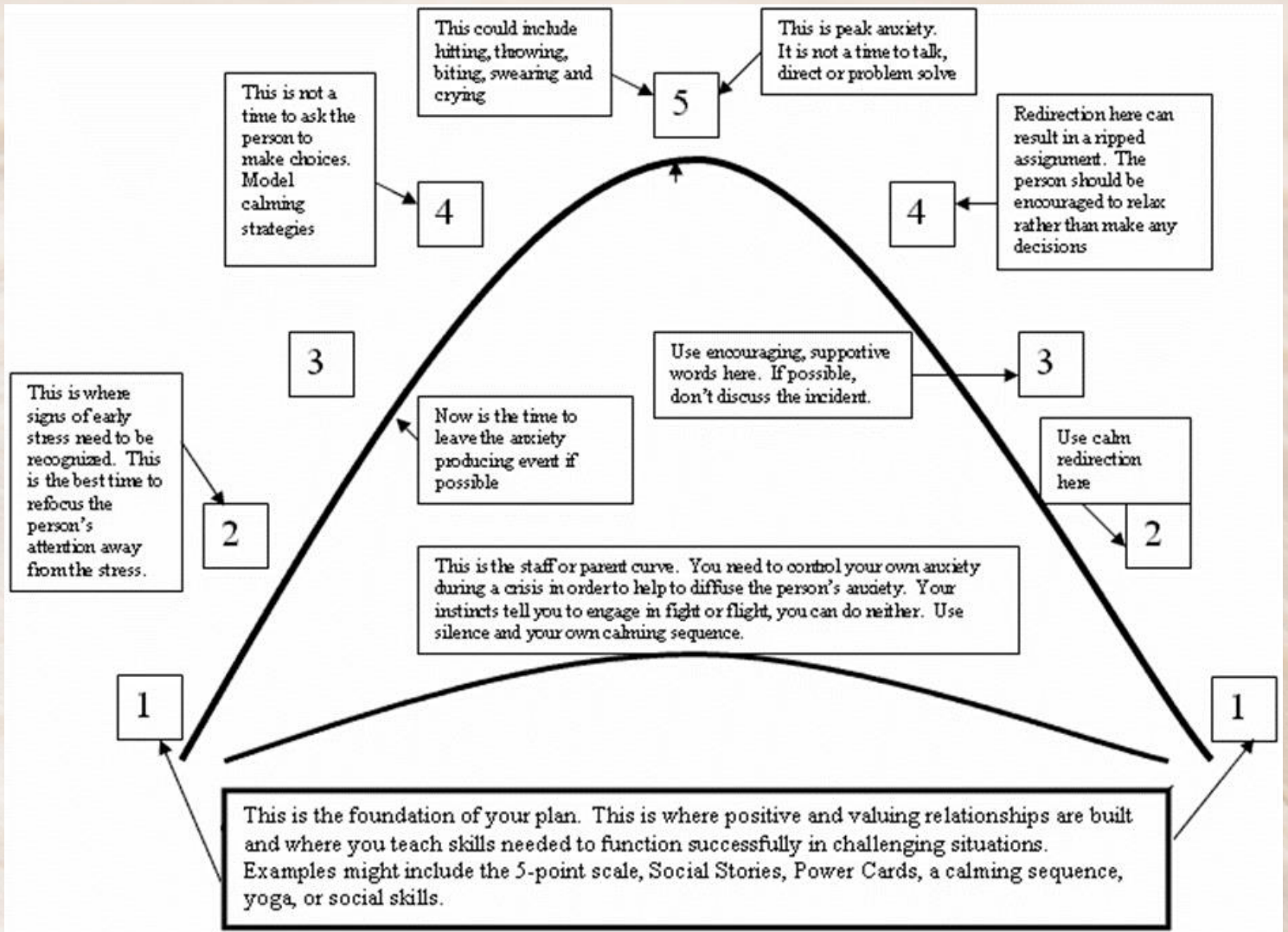
We began by doing this simple calming activity...

CALM DOWN WITH TAKE 5 BREATHING



1. Stretch your hand out like a star.
 2. Get the pointer finger of your other hand ready to trace your fingers up and down.
 3. Slide up each finger slowly ~ slide down the other side.
 4. Breathe in through your nose ~ out through your mouth.
 5. Put it together and breathe in as you slide up and breathe out as you slide down.
- Keep going until you have finished tracing your hand.

We moved on to hearing about the Anxiety Curve



The Anxiety Curve from 'The Incredible 5 point scale' by Kari Dunn Baron. Her website is here:

<https://www.5pointscale.com/>

And the resource book itself can be bought from Amazon in the UK

<https://www.amazon.co.uk/Incredible-5-Point-Scale-Significantly-Improved/dp/1937473074>

The 'Stress Bucket' explains how sometimes it is the little things that cause stress and anxiety to overflow



This illustration gives examples of some things in an adult's life that can cause our stress or anxiety to overflow. The holes at the bottom of the bucket show examples of things we might be able to do to relieve some of our daily stresses and anxieties. It is when these holes become blocked and the stresses keep coming in to the bucket, that the 'stress bucket' overflows.

List of resources shared in the session

- www.nhs.uk/conditions/anxiety-children
- www.youngminds.org.uk
- www.rcpsych.ac.uk
- www.anxiety.bc.com
- www.moodjuice.co.uk
- Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioural Techniques. Cathy Creswell and Lucy Willetts .
- What to do when you worry too much: a kid's guide to overcoming anxiety. Dawn Huebner. (8-12)
- The worry monster. Caroline Uff.
- The Panicosaurus: Managing Anxiety in Children Including Those with Asperger Syndrome (K.I. Al-Ghani children's colour story books) (6-11)

More resources shared in the session

- Huge Bag of Worries by Virginia Ironside (3-8)
- Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management (Gremlin and Thief CBT Workbooks) by Kate Collins-Donnelly (5-9)
- No worries! Mindful kids. Activity book for young people who feel anxious and stressed. (7+)
- What to do when you grumble too much – this helps with negative thinking and creating positives. (7-10)
- What to Do When You Don't Want to Be Apart: A Kid's Guide to Overcoming Separation Anxiety (What-to-Do Guides for Kids by Kristen Lavalley, Silvia Schneider)

- SAMApp University of the West of England (anxiety management strategies e.g. picture peace)
- CALM (meditation & sleep stories)
- Pacifica (anxiety management)
- Buddhify (mindfulness & meditation)
- Headspace (mindfulness meditation)