



TERMS OF USE



Thank you for downloading this resource. By using this resource, you agree that you are **licensed** to use it as the **sole user** for your **classroom and/or personal use** and that the contents are the property of Elsa-Support. This means you must **not** share this resource with others.

This resource and its content is copyright of Elsa-Support Ltd.
©Elsa-Support 2021. All rights reserved.

This resource **must not** be displayed digitally for public view, uploaded to a school or any other website, distributed via email, or submitted to file sharing sites. The resource **must not** be altered in anyway and our copyright labels should remain on the resource. Any redistribution or reproduction of part or all of the contents in any form is prohibited.

Thank you for abiding by copyright law.



www.elsa-support.co.uk



ANXIETY

I need to remember that a normal reaction to danger or perceived danger is called the 'FIGHT/FLIGHT' response

©elsa-support

ANXIETY

ANTS or automatic negative thoughts are nearly always untrue

©elsa-support

ANXIETY

I can try to face my fears because I am strong and brave. I can do this!

©elsa-support

ANXIETY

The feeling of anxiety only lasts a very short period of time. I know it will pass.

©elsa-support

ANXIETY

By staying in a situation and facing my fear I am teaching myself that I will be ok

©elsa-support

ANXIETY

To ground myself I can think about 5 things I can see, 4 things I can hear, 3 things I can smell, 2 things I can touch and 1 thing I can taste

©elsa-support

ANXIETY

I can refuse to give negative thoughts my time

©elsa-support

ANXIETY

I don't need to let my fears control me

©elsa-support

ANXIETY

Question my thoughts when I feel anxious. Is this true? Where's the evidence?

©elsa-support

ANXIETY

I can try 7/11 breathing when I feel anxious. I need to breathe in for the count of 7 and breathe out for the count of 11

©elsa-support

ANXIETY

Remind myself that this is just a feeling and it will pass

©elsa-support

ANXIETY

Sort out my worries into things I can control and things I can't control

©elsa-support

ANXIETY

What would I say to a friend who is feeling like this? What advice would I give?

©elsa-support

ANXIETY

Remind myself that I am strong and I can deal with this

©elsa-support

ANXIETY

Think about a time when this happened before and how it turned out

©elsa-support

ANXIETY

Let go of worries that I cannot control. I can visualise a balloon floating off with my worry or write it down and rip it up.

©elsa-support

ANXIETY

I can't control what other people say or do. I can control what I say and do

©elsa-support

ANXIETY

Creative people have the most creative thoughts. My worry thoughts are just thoughts, nothing more

©elsa-support

ANXIETY

If I switch on my thinking brain I will feel better. I can focus my attention on a puzzle or some maths work

©elsa-support

ANXIETY

Singing or listening to music can be calming and helpful to me

©elsa-support

ANXIETY

Even though I feel scared I can remind myself that these physical symptoms are just my anxiety talking

©elsa-support

ANXIETY

I can learn from this situation and know I can deal with it again if needed

©elsa-support

ANXIETY

This is my threat system working properly and I know it will pass

©elsa-support

ANXIETY

Right now I am not in danger and I am safe

©elsa-support

ANXIETY

My thoughts are just thoughts, and they might not be true

©elsa-support

ANXIETY

My mind is not always my friend

©elsa-support

ANXIETY

I have the power to control my thoughts

©elsa-support

ANXIETY

I can use my coping skills and get through this

©elsa-support

ANXIETY

I can ask for help if I need it

©elsa-support

ANXIETY

Scaling my worries can be helpful. Is this a BIG worry or a SMALL worry?

©elsa-support

ANXIETY

Anxiety is a normal emotion that everyone feels sometimes. I am not alone

©elsa-support

ANXIETY

Anxiety can be like a smoke alarm. It may go off but there is no fire.

©elsa-support

ANXIETY

I need to look after my body and get enough sleep and exercise. This will help me to feel LESS stress

©elsa-support

ANXIETY

I can make a plan on how to deal with my worry. This is in my control

©elsa-support

ANXIETY

I can do things mindfully to focus my attention away from the worry and onto what is happening right now

©elsa-support

ANXIETY

Sometimes I might not know why I feel worried. I can use my coping skills and refocus my attention on something I enjoy doing

©elsa-support

ANXIETY

'What ifs' are usually NOT true

©elsa-support

ANXIETY

Is there any evidence to suggest my thoughts are true?

©elsa-support

ANXIETY

My anger might be due to something that is worrying me. Can I identify my worry?

©elsa-support

ANXIETY

I might be feeling anxious because I am feeling sad. What can I do to help my sadness?

©elsa-support

ANXIETY

Can I think of a more positive way of looking at the situation I am in?

©elsa-support

ANXIETY

I can plan a worry time each day for 15 minutes where I will sort out my worries. Which ones are in my control and which ones aren't?

©elsa-support

ANXIETY

Anxiety nearly always makes you think about the worst case scenario. What would be the best case scenario?

©elsa-support

ANXIETY

Make sure I have a good routine to my day. Plan my time well. This will help to keep the anxiety down

©elsa-support

ANXIETY

Have a self soothing box of goodies. Things that make me feel good. A snack, bath bombs,, a snuggly blanket or toy

©elsa-support

ANXIETY

I can keep a journal and write down all of my anxious thoughts. Writing them down will help me let them go

©elsa-support

ANXIETY

I can ensure I exercise each day. This will help my wellbeing and boost my feel good hormones

©elsa-support

ANXIETY

I can do a brain dump each morning and write down all the thoughts that are on my mind. I can prioritise the things I need to deal with

©elsa-support

ANXIETY

I can use visualisation when my anxiety feels bad. I can imagine my safe place in my mind

©elsa-support

ANXIETY

I don't need to put things off for too long. I need to deal with them

©elsa-support

ANXIETY

I can talk to my friends about their worries and understand that it isn't just me that feels anxious

©elsa-support

ANXIETY

I can identify my anxiety triggers and that will help me to cope with my feelings

©elsa-support

ANXIETY

I can think about something that I can touch that will help me feel calmer

©elsa-support

ANXIETY

I can practice relaxation techniques to get rid of all the tension in my body

©elsa-support

ANXIETY

I can think about things I would like to do if I didn't feel anxious

©elsa-support

ANXIETY

I can think of a person who could help me when I feel anxious. I can talk to them and ask them for help

©elsa-support