

## Scaling your feeling



Scaling your feeling means that you decide how intense your feeling is. Is it strong and large? You feel so anxious that you find it difficult to do anything else. Is it quite small? You might feel a bit bothered about something. It can be helpful to scale your feeling. What number would you say your feeling is? If you take action at 3 then you might be able to avoid getting very anxious.



If you need more help speak to

## How to cope



When you feel worried, it can be helpful to think about the worry tree. This helps you to sort your worries into things that are in your control and things that are not in your control.

Some worries are totally out of your control. These are called hypothetical worries and they often start with 'What if?' You need to let them go and think about something else.

Other worries are in your control and you need to make a plan on how to deal with them and then let them go and think about something else.

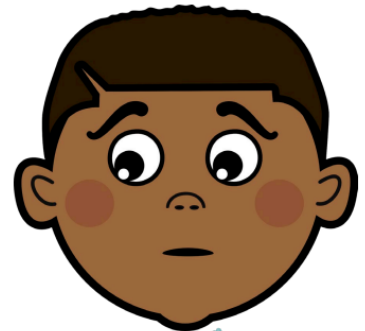


For resources go to [www.elsa-support.co.uk](http://www.elsa-support.co.uk)



# I feel worried

A guide for pupils



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## Worries and thoughts



Feeling worried can be perfectly normal and everyone feels worried sometimes. Usually, the worries come and go. Being worried is when you feel bothered about something that is happening or might happen.

### What are you thinking?

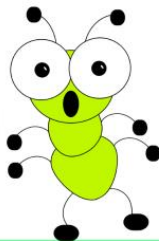
Try inspecting your thoughts? Thoughts are linked to feelings. Having worrying thoughts most of the time means you will feel anxious. These thoughts are called ANTS - Automatic negative thoughts.

If you can try to change those worrying thoughts to something more positive it might help right away.

Try questioning those thoughts:

- What advice would I give a friend who is thinking this?
- Where is the evidence that this thought is true?
- Has this happened before? How did it turn out?
- Where is the danger?

Challenge the thoughts

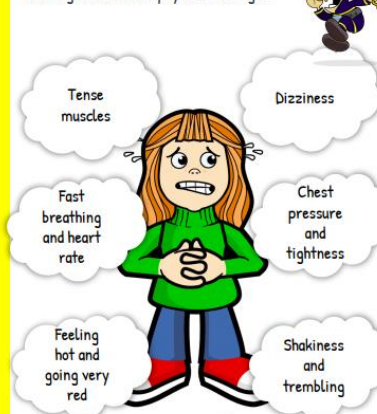


## What is going on in your body?



Feeling worried and anxious is your body's way of keeping you safe. It is a bit like a smoke alarm. Sometimes the alarm goes off and there is no danger. Sometimes your anxiety is real and there is an actual danger ahead of you. Imagine meeting a lion? Your body alerts you to danger and gives you physical signs so you can outrun the lion. You can get away to safety. However, our alarm system sometimes tricks us into feeling there is danger but there isn't any danger. That can feel very uncomfortable.

You might have these physical feelings...



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## Labelling a feeling

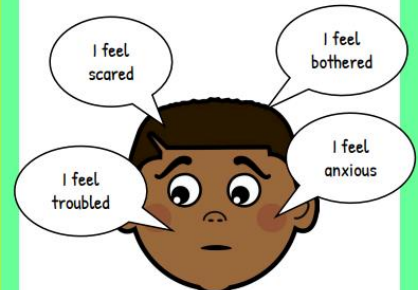


Labelling a feeling means giving your feeling a name. There are lots of words for being worried such as:

- Anxious
- Bothered
- Nervous
- Troubled
- Uneasy
- Scared

Try to learn as many words as you can to put a name to the feeling you have.

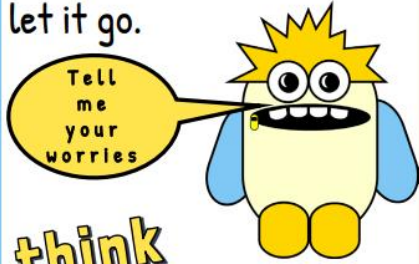
Labelling that feeling and talking about it can reduce the feeling massively.



Tell someone how you feel

# 4 let it go

I can tell my worries to a worry monster and then let it go.



# think

I can think happy thoughts.



# 5 draw

I can draw my worries.



I can do something to relax.

# relax



If you need more help...



# Worry Wobbles



# 1 name it

If I feel worried, I can give the feeling a name.



# breathe

I can breathe in and out slowly.



# 2 exercise

I can do some exercise.



# control

Can I do anything about my worry?



# 3 talk

I can tell my worry to a grown up.



# work it out

I can think of ways to solve the worry.

