

My Feelings Toolbox

You will find a number of ways to control your anxious feelings which you can keep in your "toolbox". Write them down to help you remember.

- ☐ Physical exercises that helps me relax are:

- ☐ My relaxing activities are:

- ☐ Mind games I could use when I am anxious are:

- ☐ Distraction exercises I could use are:

- ☐ My relaxing place is:

Remember – controlled breathing can quickly help you gain
control of your feelings.

My Worrying Thoughts

Write the situation that makes you worried in the box. When you think about facing that situation, fill out the thought bubbles with some of the thoughts that race through your mind.



My scary or worrying situation is

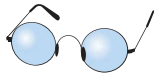
Tumbling Thoughts

What worrying thoughts keep tumbling round and round in your head?



Thinking Traps

- TRAP 1: The **negative glasses** only let you see the negative things that happen.



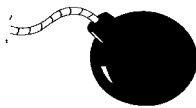
Negative glasses find the things that went wrong or weren't quite good enough. Finding and remembering the negative things will make you think that you always fail and will make you anxious.

- TRAP 2: Anything positive or good that happens is rubbished so that **positive doesn't count**.



Rubbishing anything positive as unimportant or lucky means that you don't acknowledge your successes, never accept that you can cope or believe that success is due to what you do.

- TRAP 3: Negative things are **blown up** and become bigger than they really are.



Blowing things up results in events becoming more frightening and scary.

- TRAP 4: Makes us **expect things** to go wrong so that we become



"Mind readers" who think they know what everyone else is thinking or **"fortune tellers"** who think they know what is going to happen.

Expecting things to go wrong will make you feel more anxious.

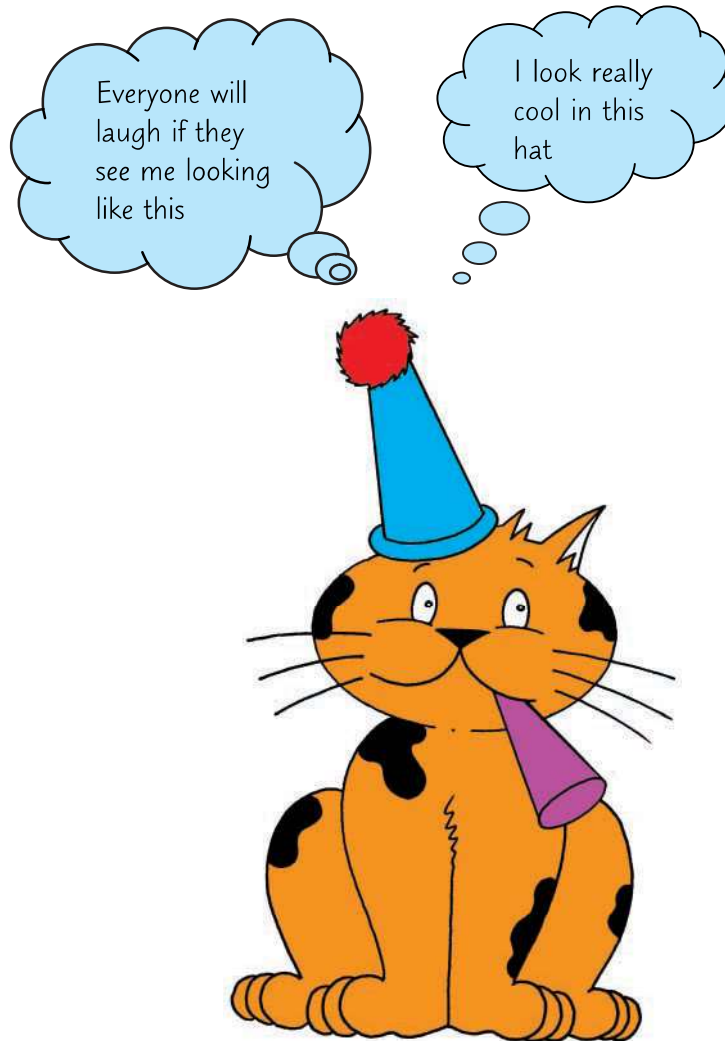
- TRAP 5: **Disaster thinking** makes us think that the worst thing we could imagine will happen.



People who have panic attacks often think like this and imagine that they will become seriously ill and die.

What thinking traps do you get caught in?

The Cool Cat



Which thought would make the cat feel most anxious?

How Would They Feel?

Mr Evans the head teacher walked into Amy and Luke's class and asked to see them before they went home at the end of the day.



Amy and Luke had very different thoughts.

How would they feel?