

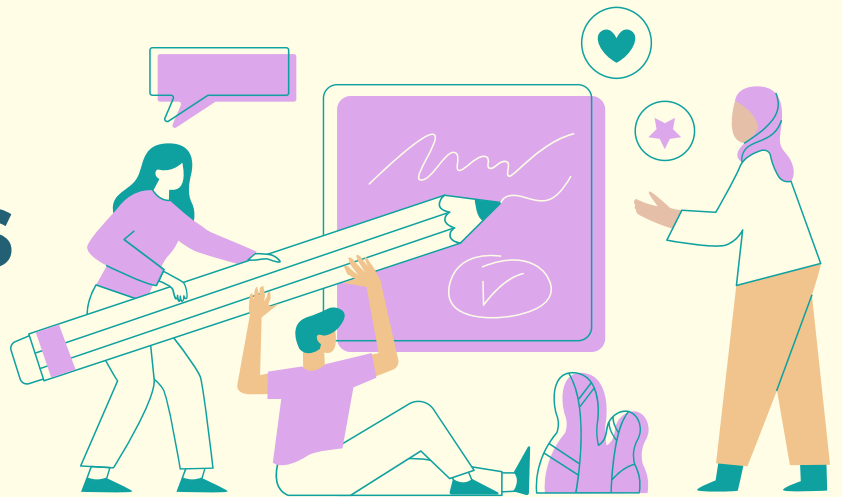


KID-CONFIDENCE
LIFE COACHING

ANXIETY TOOL KIT FOR CHILDREN AND TEENS



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You got this

Introduction

Hi my name is Gina, I have worked with children, teens and young people like yourselves for a long time. I have seen that anxiety is getting harder for you and how getting support isn't always easy. It can be overwhelming knowing what to try first or what happens if something doesn't work the first time you try it. I hope you and your parents or carers find the information and exercises in this book helpful and that it will answer some of the questions you have about anxiety.



Gina Bennett

A decorative border surrounds the page, consisting of various colorful, stylized shapes such as semi-circles, triangles, and abstract forms in shades of teal, orange, blue, purple, yellow, and pink. The shapes are arranged in a repeating pattern along the top, bottom, and sides of the page.

What is Anxiety?

Before we start looking at ways to help you with your anxiety it's important to know what anxiety is.

Anxiety is a normal feeling that all humans have when we feel we are in some sort of danger. It can be through thoughts we have, feelings or how our bodies react to a feeling.

Anxiety is a feeling of worry or fear.



The science bit.....

When we feel anxious part of our brain called the amygdala senses trouble or a threat (real or not)

The amygdala then sends lots and lots of hormones through the body in that moment.

Its this surge of hormones that can make us feel lots of different symptoms.



*How does your anxiety
make you feel?*

Headaches

Dizziness

Sickness

Shaking

Shortness of breath

Faster breathing

Stomach ache

Sweating

Tiredness

sleep problems

How many can you recognise?

cycle of anxiety

When we struggle with anxiety we can find ourselves going round in circles. It can be overwhelming and intense and we may not be able to see a way out.

Understanding the cycle can sometimes help us to know what is happening and why we behave the way we do.





ways to help with your anxiety

The next few pages will have some helpful tools on how to manage your anxiety. Some may work better than others and they can take some time to start working but don't give up.

Try and pick one or two at a time and for a few weeks to see how you get on.

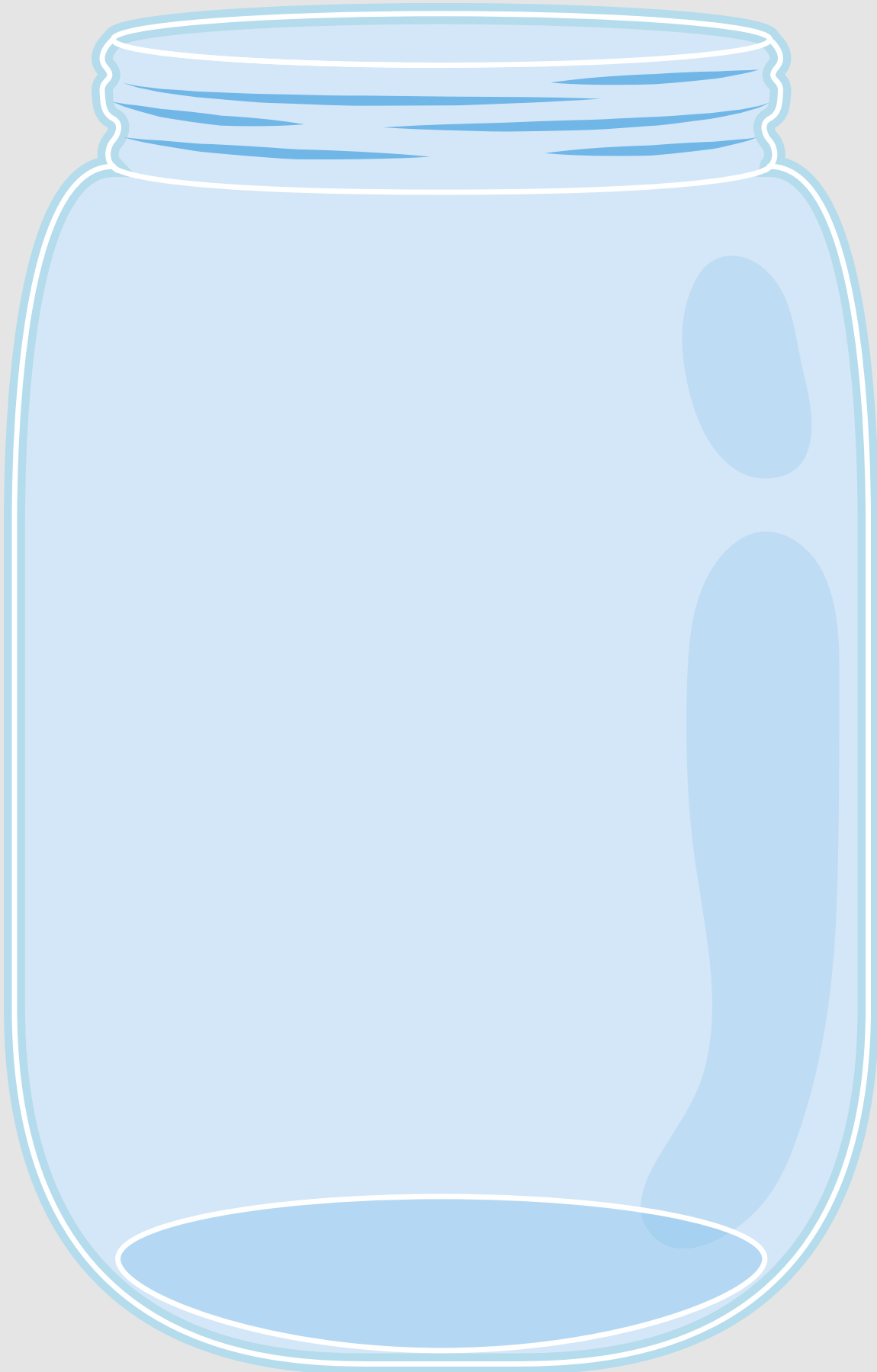
BREATHING TECHNIQUES



Follow the star to help with your breathing. Practice when you are calm and then use this to slow your breathing down in times of anxiety

Gratitude Jar

Write or draw in the jar things
that make you happy or you are
grateful for



**Where can you feel the anxiety in your
body?**

**Label where and how it feels on the
diagram**

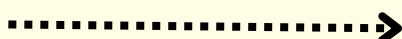
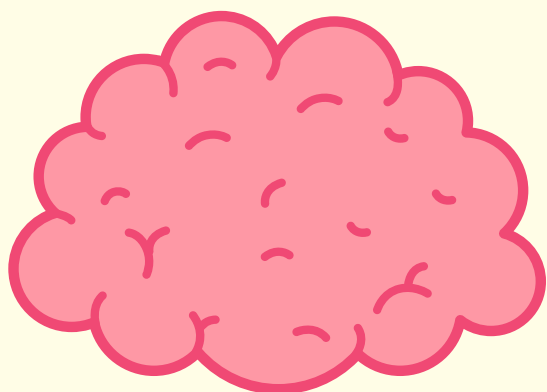
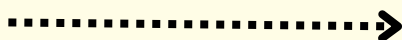
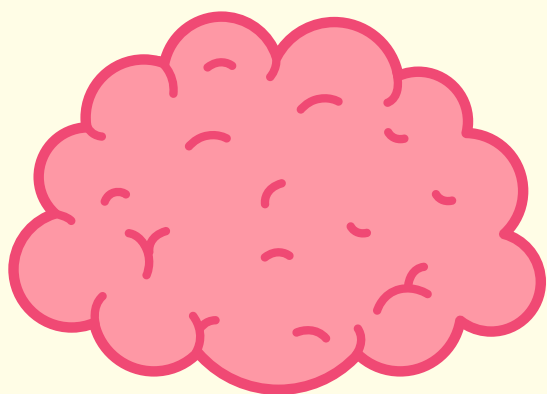
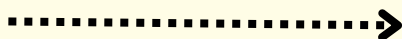
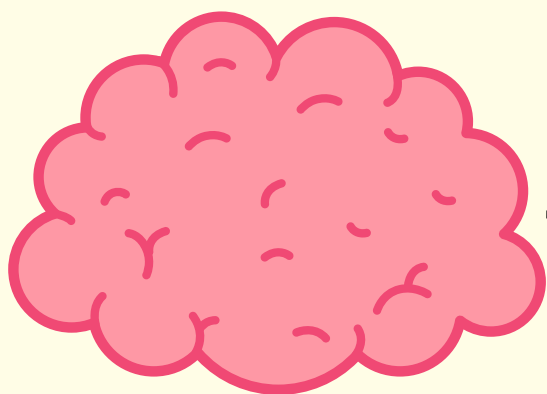


In moments of anxiety your brain may tell you things that aren't true. Write down on the page what your brain is telling you but what also what you know to be the truth

ANXIETY

VS

TRUTH



MY WORRIES

If you find you feel you worry all day every day that can be a lot to deal with.

Try to pick a time of day so for example an hour after dinner where you give yourself 1 hour worry. This might sound odd we are telling you to worry at that time but keep this time so you can worry rather than throughout the day. If you feel a worry come to mind write it down here, or on a piece of paper or note them down in your phone and save them till your worry hour.



Journalling or a brain dump

Journalling can be used along side your worry hour where you write or draw your worries down.

It can be used just before bed to write or draw anything that is on your mind. It can be things that went well, things that didnt, how you feel.

A brain dump is a little different to journalling. A brain dump is any random words that come to mind , they dont need to make sense, they dont need to be in senstences they can be whatever comes to mind.

They will both help get things off your mind, make you feel better about them and should help with your anxiety



USE YOUR FIVE SENSES

Use the 54321 grounding exercise to help you in moments of anxiety. This techniques is great as you can use it wherever you are.

5 THINGS I SEE

4 THINGS I FEEL

3 THINGS I HEAR

2 THINGS I SMELL

1 THING I TASTE



This is just a few examples of exercises to try it is by no means an exhaustive list there are lots more techniques that can be tried but this is a snippet of things that have worked really well for children, teens and young people I have supported over the years.

Remember to be kind to yourself and don't put pressure on yourself to have it all worked out. Anxiety is tough and can be scary at times so be patient. Speak to a trusted adult who maybe able to go through the book with you or offer some support.

I hope this can help in some way give you not only an understanding of anxiety but some things to try out.

For more useful tips, resources and advice find us on facebook- kid confidence or instagram- kidconfidence1

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