

My Book about

# Anxiety

By (insert students name)



# WHAT YOU SHOULD KNOW ABOUT ME....

Hi,

I'm (insert students name). I often wake up in the morning feeling very anxious.

Often I am tired when I have not slept very well, getting up during the night to go to the toilet and to have a drink of water.

I also have a lot of ideas racing around in my head, some funny some mischievous and some not very good at all.

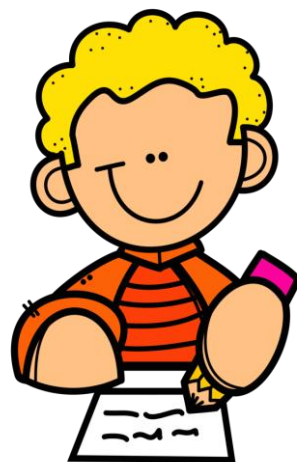
Sometimes I become so anxious that I feel sick and want to break out, scream and carry on like a tornado.

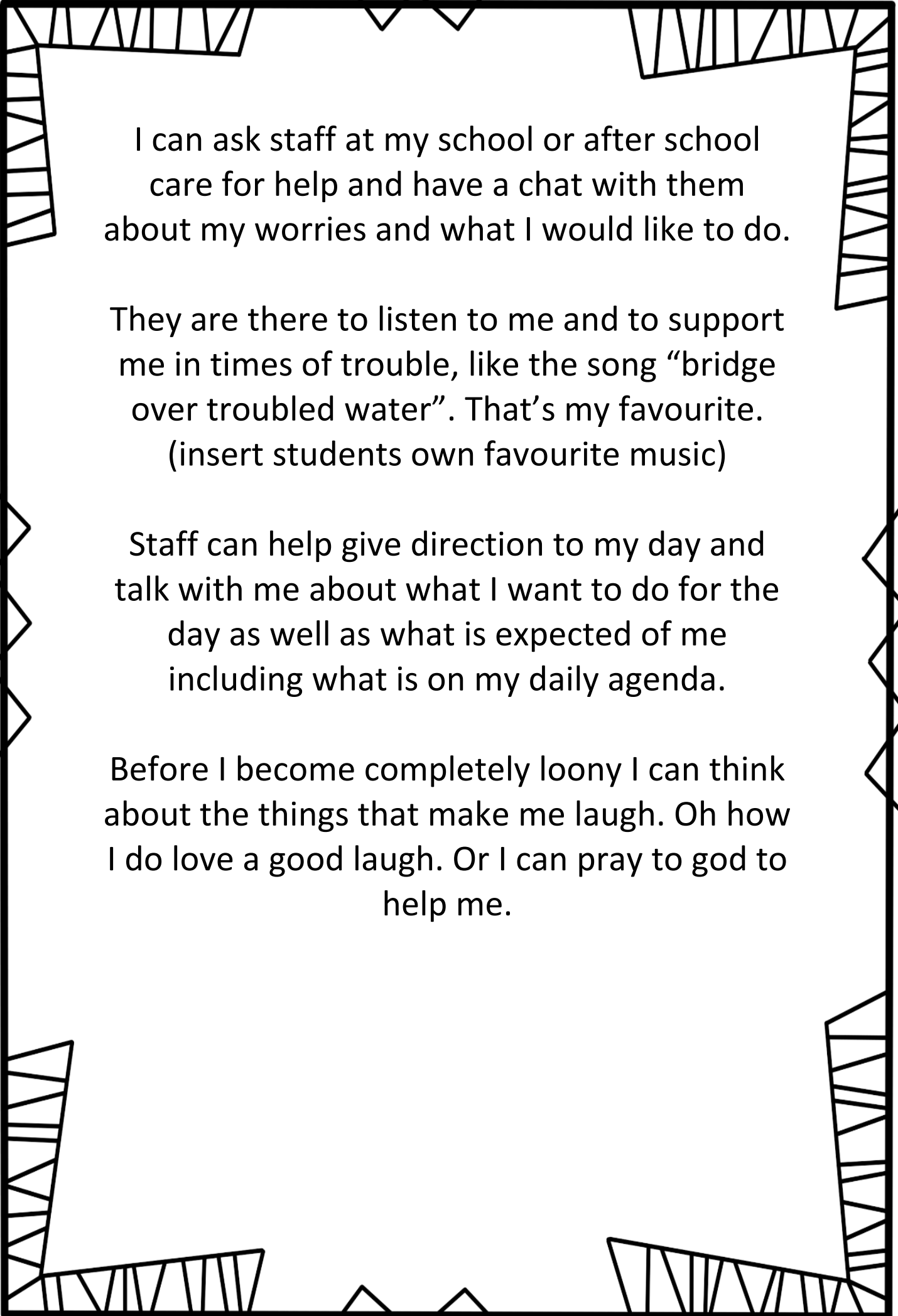
When I am not feeling safe and secure I like to stay in my bedroom, sometimes I want to be out in the fresh air.

I can be a self-controlled girl/boy by questioning my anxiety and putting all my problems in to perspective – things are never as bad as they appear to me and if I think clearly I can see this.

I can also be thankful for all the good things in my life.

I can tell myself that I will be safe today and enjoy the day instead of worrying and thinking bad things are happening to me.





I can ask staff at my school or after school care for help and have a chat with them about my worries and what I would like to do.

They are there to listen to me and to support me in times of trouble, like the song “bridge over troubled water”. That’s my favourite.  
(insert students own favourite music)

Staff can help give direction to my day and talk with me about what I want to do for the day as well as what is expected of me including what is on my daily agenda.

Before I become completely loony I can think about the things that make me laugh. Oh how I do love a good laugh. Or I can pray to god to help me.



**I can tell I am anxious by the following:**

- I shake sometimes a lot;
- My speech becomes faster and I stutter slightly;
- My thoughts begin to race; they become jumbled and I have trouble thinking straight;
- My face and muscles become tight and tense;
- My heart begins to pump faster;
- My posture becomes stiff and rigid;
- My breathing becomes tight and tense with feelings of being sick;
- My eyes start to blink rapidly;
- I can develop a rash around my neck;

Strategies I use include:

Reading a book



Counting down from 10 to zero;



Doing yoga exercises ummmm;



Closing my eyes and visualising a lighthouse by the beach. It can be a visualisation of something else that I consider relaxing.



As an exercise I can do is deep breathing. Firstly I take three deep breaths, breath slowly deep down to the bottom of my stomach and hold my breath for two seconds. After this I can have a deep breath out.

Also listen to music from the radio and from a CD, my iPod is important to me. I can also play with my iPad when I am used to it.

Sometimes spending time drawing and writing can help me to calm down.



Here are a few exercises you can do with me to support me when my anxiety becomes a little bit too overwhelming!

Check them out on the following pages!

(note – the following pages are not editable)

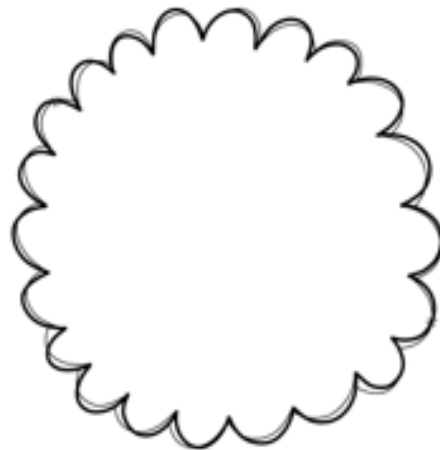
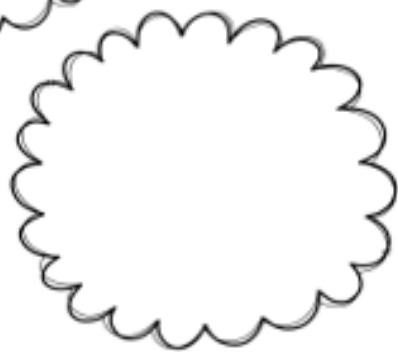
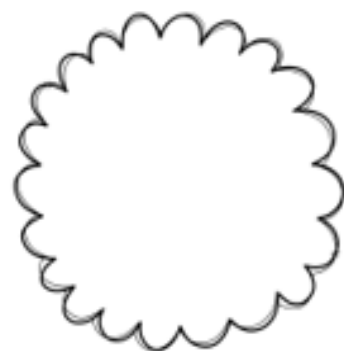
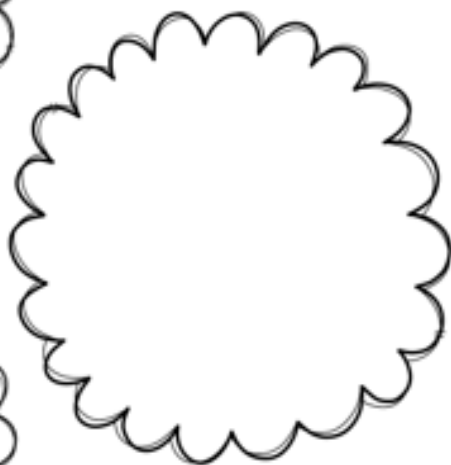
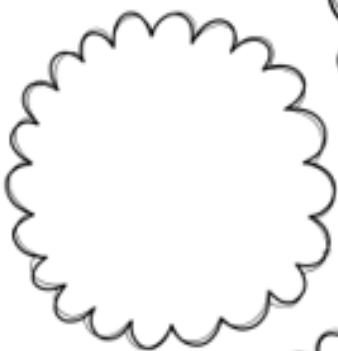
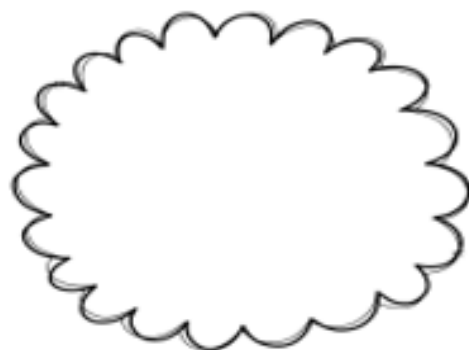
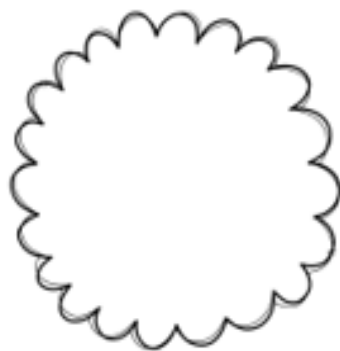
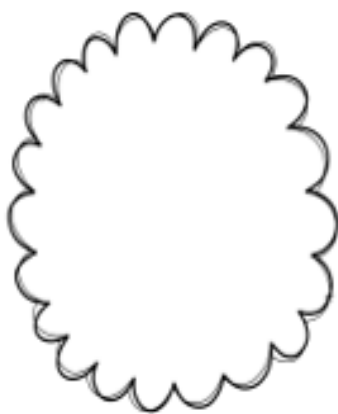






# Helpful Thoughts!

We all tend to have negative and positive thoughts, helpful and not so helpful thoughts! Write down a few helpful and positive thoughts that help empower you, motivate you and encourage you to help cope with your anxiety!



# How I feel today?

Today is \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

How do I feel today?



Happy Angry Proud Afraid Sad Excited Worried

I feel this way because?

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Something I enjoyed about today:

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Something I didn't enjoy as much about today:

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Something I'm looking forward to:

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How would you rate how you are feeling today out of 10?



Feeling sad and depressed.      Feeling very happy and positive.

# My Affirmations for Anxiety



Anxiety does not define me!

This is only temporary!

I am in control!

Just take one step at a time!

I have got this!

I made it through before and  
I will make it through again!

Remember SEATSS is here to help you. If you are struggling with the situation please contact us for advice or more individual strategies.

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