

WORRY MANAGEMENT MANUAL

SYMPTOMS OF ANXIETY

Anxiety is a feeling of worry or fear that is experienced as a combination of physical sensations, thoughts and feelings.

- Fast heart rate
- Nausea and 'butterflies'
- Racing thoughts or blank mind
- Changes in our breathing
- Feeling really hot or really cold
- Tense muscles
- Dizzy or faint
- Sweaty palms



There are many symptoms of anxiety, so you may have different symptoms to those above. It is important to remember that Anxiety symptoms have never physically harmed anyone. It may not feel this way, but anxiety exists to actually protect us!

(Remember our Fight, Flight, Freeze response?)

FIGHT, FLIGHT, FREEZE

This response is your body's way of facing any perceived threat. It feels really physical as the body prepares to fight, run away or freeze up.

This would be great if we encountered something dangerous and had to run away, fight or hide



But, it can happen when we are not in a dangerous situation, such as public speaking, or meeting new people

Our brain is amazing, but it hasn't been able to fully catch up to modern day life. Sometimes, our brain may 'over react' and see a situation as dangerous.

If our Fight, Flight, Freeze is triggered during a non-threatening situation, it just makes us feel uncomfortable, tense, sick and sweaty



WORRIES

We have two different kinds of worries; Hypothetical and Practical. By now, you will likely know the difference, but here is a reminder...

HYPOTHETICAL



PRACTICAL

These are worries that may or may not happen in the future. Either way, we have no control of these events right now.

These are worries that we can do something about. They are a problem for us now! But, this means we can look to solve them!

What if I've failed?
What if my friends leave me?
What if I get sick again?

My room is a mess!
I haven't revised for maths
I have no petrol in the car

WE NEED TO WORK ON LETTING THESE GO!

WE CAN PROBLEM SOLVE THESE!

TIP: Scan the QR code for a video guide on sorting and managing worries



HYPOTHETICAL WORRIES

So, we know that hypothetical worries have no benefits, so how do we let them go? We know 'letting go' of worries sounds easier than it is, but with practise you can do it!

Changing our focus of attention has been found to be the best way to let these worries go. ✓

Some examples from Young People:

Focusing on a conversation on TV

Speaking to a family member or friend about something you have in common

Doing your favourite creative thing such as; drawing, painting, creating, singing

Trying some new relaxation or breathing techniques

Leave some of your own ways to change your focus:

Tip from a Young Person: 'It took me a while to find my ways to change focus that worked for me. Keep trying everything until you find ones that work best for you.'

PRACTICAL WORRIES

These are real problems for us right now! We can problem solve these worries, or schedule when we can tackle them.

Here is a template for problem-solving below:

STEP 1. Identify the problem
'What exactly is it?'

STEP 2. Identify solutions
Brainstorm as many ideas as
you can

STEP 3. Pro's & Con's to
each solution?

STEP 4. Pick a solution!
Based on Pro's & Con's

STEP 5. Plan your solution!
What, when, who with?
Do it!

STEP 6. Review. How did it
go? Do you need to go back
and choose another solution?

DELAYING YOUR WORRIES



Worrying for most of the day isn't good for mind, body or wellbeing, especially if you can't act on them in the moment. This is why we recommend practicing the skill of 'delaying' your worries to deal with later so they don't rob you of your day!



At the time of the worry, they can feel really big and stressful. But, more often than not, when we sit down to deal with our worries later on, they don't seem as big. Some may have already been resolved throughout the day

It helps to identify times when you don't usually worry. These are usually activities you really enjoy, or distract your mind from worries. We definitely encourage more of the activities!



TIPS: Write down worries as the day goes by and set around half an hour to deal with them. Make sure this isn't too close to bed time! You can use the worry tree to sort and solve the worries. Make sure to treat yourself afterward!

GETTING COMFORTABLE WITH UNCERTAINTY

Worrying, avoiding or trying to control a situation is a common way of dealing with uncertainty. However, life is uncertain and we learn we can cope with this!

Feeling uncertain about a situation can feel really uncomfortable. But in life, things don't always go the way we expect



We can try cope in really unhelpful ways, such as worrying, avoiding the situation completely or trying to control the situation

We are able to learn and train our brain that we can cope in uncertain situations. We won't be able to do this without embracing uncertainty!



We can practice getting comfortable with uncertainty. One example could be trying to answer a question in class even if you're unsure.

Taking minor risks, such as ordering something new on the menu, not checking the weather, not rehearsing what you will say. Practice some for yourself, but make sure they're safe for you!

TIP: Sometimes the outcome can feel negative. However, the outcome may shock you and feel really good!

USEFUL RESOURCES

What is anxiety is and what are the symptoms?

www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/#Whatisanxiety

Or QR code



Problem solving worries, The Worry Tree

www.worry-tree.com/

Or QR code



Coping with Uncertainty

<https://www.youtube.com/watch?v=S3CU2kOBt3s>

Or QR code

