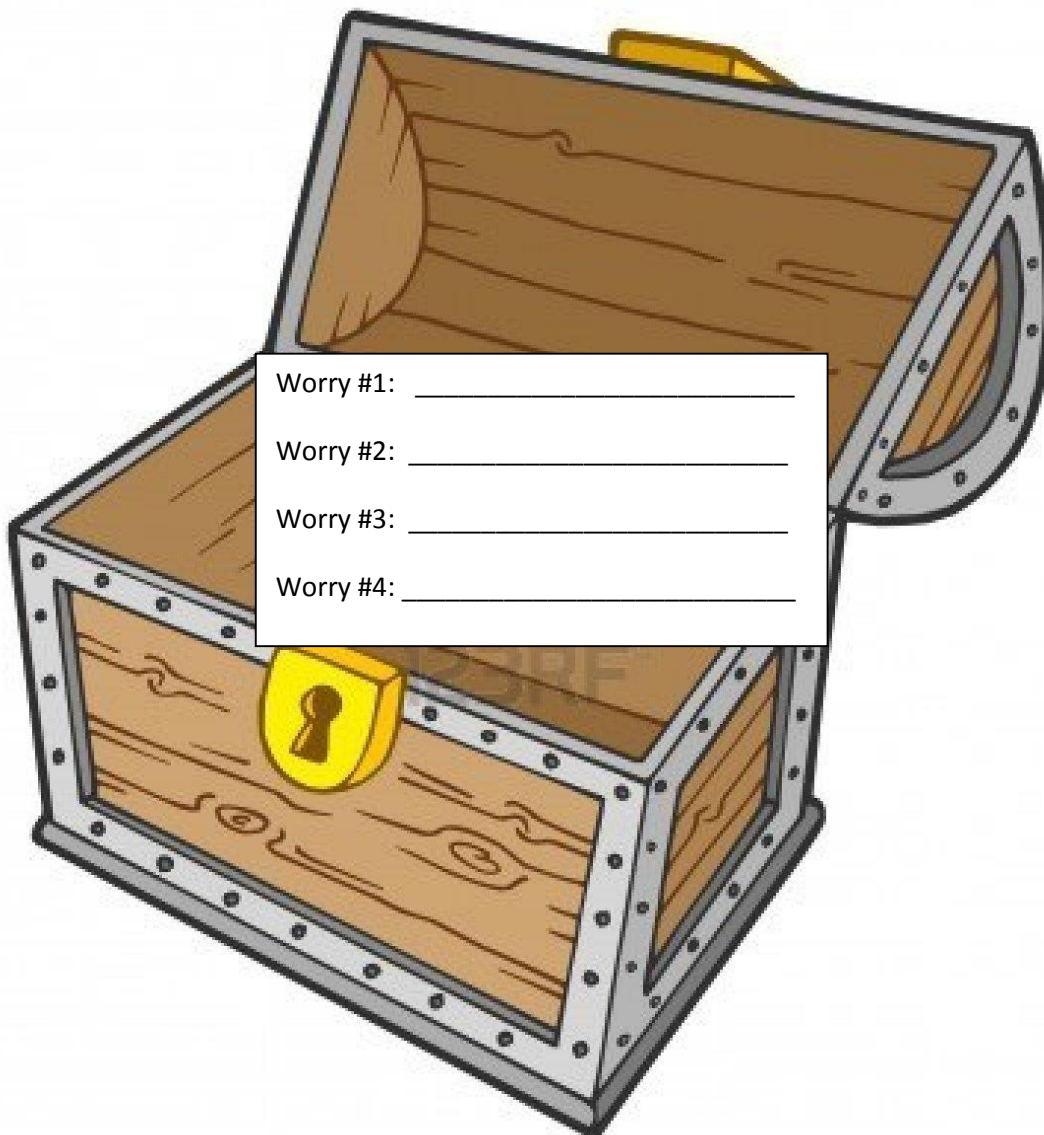


## Worry Box

Steps to assist you (your child) with getting rid of worries.

1. Use a shoe box, a jar, envelope, Tupperware container, purchase a special box or make a box. Some children find it helpful to decorate it and make it into their own.
2. Keep a pad of paper, pencil and a box near your bed.
3. At bedtime, talk about your worry with someone you love.
4. Write down your worries.
5. Put them in your box where they can't bother you.
6. Keep your worry box in a safe place outside your room. (some children have found it helpful to throw the worries out in the trash).



## Tools to Manage Stress (children)

Tools to Manage Stress	Tools You Will Try	How did this tool work for you?
<b><u>Bubbles</u></b> <ol style="list-style-type: none"> <li>1. Encourage taking slow, deep breaths to get as many bubbles as possible.</li> <li>2. Do this at least once a day, or as often as needed.</li> </ol>		
<b><u>Play-Doh</u></b> <ol style="list-style-type: none"> <li>1. Knead, roll, pound, and shape the Play-Doh.</li> <li>2. Do this at least once a day, or as often as needed.</li> </ol>		
<b><u>Textured cloths</u></b> <ol style="list-style-type: none"> <li>1. Corduroy and silky cloths work best.</li> <li>2. Rub a material that feels soothing.</li> <li>3. Can be kept in a pocket, or attached to the top or bottom of a desk.</li> </ol>		
<b><u>Lotion</u></b> <ol style="list-style-type: none"> <li>1. Give a squirt of lotion and ask the child to calm self.</li> <li>2. Have child give themselves a hand massage.</li> <li>3. Parent can give a hand massage.</li> </ol>		
<b><u>“Big Daddy” Sunglasses</u></b> <ol style="list-style-type: none"> <li>1. Can help a child discuss things that are scary or embarrassing.</li> <li>2. Give a pair of big, inexpensive sunglasses to help provide some distance for the worries or fears.</li> <li>3. Once the sunglasses are on, no one can “watch” him/her talk about the “scary” thing or embarrassing behavior.</li> </ol>		
<b><u>Superpower Hands</u></b> <ol style="list-style-type: none"> <li>1. Ask child to show how to make fists.</li> <li>2. After making fists, hands rise up and muscles tense.</li> <li>3. Have child give complete opposite response, relaxing hands.</li> <li>4. Superpower hands relax.</li> </ol>		
<b><u>Superhero Comic Books or Movies</u></b> <ol style="list-style-type: none"> <li>1. Have the child choose a favorite superhero comic book or movie.</li> <li>2. Ask the child to describe the superhero and their superpowers.</li> <li>3. Have the child take on the superhero’s power and use it to get through the scary situation.</li> </ol>		
<b><u>Music</u></b> <ol style="list-style-type: none"> <li>1. Have the child listen to soothing, relaxing, and meaningful music before a stressful situation. Use music to calm after a stressful situation, or at the end of the day to relax and help get to sleep.</li> </ol>		
<b>Other:</b> Iphone/ipad apps <a href="http://www.healthline.com/health-slideshow/top-anxiety-iphone-android-apps">http://www.healthline.com/health-slideshow/top-anxiety-iphone-android-apps</a>		

## Tools to Manage Stress (adolescent)

Tools to Manage Stress	Tools You Will Try	How did this tool work for you?
<b><u>Bubbles</u></b> <ol style="list-style-type: none"> <li>1. Encourage taking slow, deep breaths to get as many bubbles as possible.</li> <li>2. Do this at least once a day, or as often as needed.</li> </ol>		
<b><u>Stress Ball or Cloth</u></b> <ol style="list-style-type: none"> <li>1. Obtain Stress ball or comfortable cloth</li> <li>2. Squeeze ball or rub material when feeling stressed.</li> <li>3. Can be kept in a pocket, book-bag or purse</li> </ol>		
<b><u>Lotion</u></b> <ol style="list-style-type: none"> <li>1. Give a squirt of lotion and ask the child to calm self.</li> <li>2. Have child give themselves a hand massage.</li> <li>3. Parent can give a hand massage.</li> </ol>		
<b><u>Breathing</u></b> <ol style="list-style-type: none"> <li>1. Breathe in slowly through your nose. Make sure it takes at least 5 seconds.</li> <li>2. Hold for 2 or 3 seconds.</li> <li>3. Breathe out slowly through your nose or through pursed lips like you're whistling. Take at least 7 seconds</li> </ol>		
<b><u>Counting</u></b> <ol style="list-style-type: none"> <li>1. Count Back from 100 by "3" until feeling more relaxed.</li> </ol>		
<b><u>Walk Away</u></b> <ol style="list-style-type: none"> <li>1. If able, walk away from situation.</li> <li>2. Take a breath.</li> <li>3. Get help if needed from family, teacher, trusted adult.</li> </ol>		
<b><u>Count Heart Rate</u></b> <ol style="list-style-type: none"> <li>1. Count heart rate for 60 seconds.</li> <li>2. Take 3 slow deep breathes.</li> <li>3. Re-count heart rate for 60 seconds.</li> </ol>		
<b><u>Music</u></b> <ol style="list-style-type: none"> <li>1. Listen to soothing, relaxing, and meaningful music:               <ol style="list-style-type: none"> <li>a. before a stressful situation</li> <li>b. to calm after a stressful situation</li> <li>c. at the end of the day to relax and help get to sleep.</li> </ol> </li> </ol>		
<b>Other:</b> Iphone/ipad apps <a href="http://www.healthline.com/health-slideshow/top-anxiety-iphone-android-apps">http://www.healthline.com/health-slideshow/top-anxiety-iphone-android-apps</a>		

## My Fears that Cause Anxiety

1. List your Fears.


2. Above, number your fears from most fearful at #1 to least fearful.

3. Pick one fear to overcome and write below.

<b>The Fear You Will Work On:</b>
List below Ideas to master this fear

## Keep a daily journal of your experiences

Date	How did I face my fear today?	How did this work for you and how did it make you feel?

- Practice everyday
- Take a little bigger step each day or just do it all at once
- You can imagine aspects of the feared object or situation combined with relaxation.
- As you expose yourself by your own choice, your sense of control, courage and strength increases.
- The longer you face the anxiety or fear, the more you get used to it.
- The longer you stay in the situation, the better it works.
- If you choose it, you accept that it is real and you control it.
- Real is easier to face than pretend.

## Guided Imagery

### What is guided imagery?

- Use of relaxation and mental visualization to help with relaxation and/or feeling better in your body.

For most people, the more you use guided imagery the better it works.

Here are steps so you can create your own.



1. Get into a comfortable spot.
2. Eliminate as many loud noises, TV, other people that will distract you.

### NOW...

3. Take slow deep breathes. Let them go down to your belly. Allow yourself to relax more and more with each deep breath.
4. Imagine yourself somewhere in your favorite spot: \_\_\_\_\_
5. Describe this place: \_\_\_\_\_

Question	Possible Ideas	Answers
What do you see?	Trees, meadow, water, clouds	
What do you smell?	Flowers, cookies, clean air	
What does it feel like?	Warm, cool, sun on your face	
What do you hear?	Wind, birds, music, water	
How does it make you feel?	Relaxed, fearful, angry, happy, sad, hopeful, anxious, frustrated, scared	

6. In safe place, see your worries, your fears or your sadness. Describe what it looks like. What color is it? What shape is it?

Question	Possible Ideas	Answers
What does your worry look like?	Star, box, sun, shape, fire, powder	
What does your fear look like?	Rock, hammer, runner, chicken	
What are their colors?	White, red, blue, green, yellow, orange	
What is their shape?	Rectangle, circle, box, spiral, oval	

### Now...

7. Transform your worries, your fears, or your sadness.... The color or shape is changing and your fear, worry or sadness is leaving bit by bit... as you take each deep breath.
8. Continue to breathe and imagine the changes.
9. Now leave your worries behind and return to your favorite spot.
10. Slowly take 3 breaths and leave your favorite spot behind to be revisited any time you need. Key???
11. Take a cleansing breath and come back to your day.

Some Guided Imagery you might try:

<http://www.youtube.com/watch?v=W0i0KvHoSiM>


# Progress Muscle Relaxation

## What is muscle relaxation?

- Use of relaxation and mental visualization to help with relaxation and/or feeling better in your body.

### Start:

Relax somewhere quiet and safe

<b>Feet</b> <ol style="list-style-type: none"><li>1. Curl toes into tight little balls.</li><li>2. Hold it for 10 seconds.</li><li>3. How do your toes feel? Are they relaxed?</li></ol>	
<b>Legs</b> <ol style="list-style-type: none"><li>1. Point your toes up and back toward your shins.</li><li>2. Feel how tight the back of your legs feel?</li><li>3. Hold for 10 seconds and let go.</li><li>4. Feel that warmth and relaxation now going down your legs and into your feet and toes.</li></ol>	
<b>Thighs</b> <ol style="list-style-type: none"><li>1. Press your knees together and hold them really tight so that your legs feel really tight.</li><li>2. Press them harder and hold it for 10 seconds</li><li>3. Feel that warmth and relaxation now going down your legs and into your feet and toes.</li></ol>	
<b>Stomach</b> <ol style="list-style-type: none"><li>1. Tighten your tummy really hard</li><li>2. Make sure it is really tight and hold it for 10 seconds and relax.</li><li>3. Feel that warm, tingly feeling in your fingers and hands.</li></ol>	
<b>Hands</b> <ol style="list-style-type: none"><li>1. Now curl your hands into two tight balls by making a fist</li><li>2. Hold it, make them tighter for 10 seconds and then relax.</li><li>3. Feel that warm, tingly feeling in your fingers and hands.</li></ol>	
<b>Arms/Chest</b> <ol style="list-style-type: none"><li>1. Put your shoulders up like you are trying to touch your shoulders to your ears.</li><li>2. Hold them up for 10 seconds and relax</li><li>3. Feel that warm, relaxed feeling go down to your shoulders, into your arms and hands, down through your stomach and out your legs and toes.</li></ol>	

**How warm and relaxed does your body feel?**

### Web links to try:

<http://www.youtube.com/watch?v=aaTDNYjk-Gw> Complete Muscle Relaxation Fun for Kids

<http://www.youtube.com/watch?v=hhEMHbng8qA> Complete Muscle Relaxation Part 1 from therapy on uTube

## Stopping Automatic Negative Thoughts (ANTS)

Put your automatic negative thoughts into your worry box or special spot and forget about them.



### ANT species:

- 1 **Mind reading** - predicting you know that another person is thinking something negative about you without them telling you. "A negative look from someone else may mean nothing more than he or she is constipated. You don't know. You can't read minds. "
- 2 **Fortune telling** -- predicting a bad outcome to a situation before it has occurred. Your mind makes happen what it sees. Unconsciously, predicting failure will often cause failure. For example, if you say, "I know I will fail the test," then you will likely not study hard enough and fail the test.
- 3 **Always or never thinking** - this is where you think in words like always, never, every time, or everyone. These thoughts are overgeneralizations which can alter behavior. For example, I know a teen who asked out an attractive girl. She turned him down. He told himself that no one will ever go out with him again. This ANT prevented him from asking out anyone else for over nine months.
- 4 **Guilt beatings** - being overrun by thoughts of "I should have done... I'm bad because.... I must do better at... I have to...). Guilt is powerful at making us feel bad. It is a lousy motivator of behavior.

[For more information on ANTS:](http://therapyinmontreal.web13.hubspot.com/Portals/238135/docs/change_your_negative_thinking.pdf)

[http://therapyinmontreal.web13.hubspot.com/Portals/238135/docs/change\\_your\\_negative\\_thinking.pdf](http://therapyinmontreal.web13.hubspot.com/Portals/238135/docs/change_your_negative_thinking.pdf)

Who makes you feel this way?

What situations trigger these types of feelings?

How will I react differently to these thoughts?

What negative thoughts do I have about myself?

## Problem Solving

1. List below big problems in your life that stress you out.


2. Circle the problems that you feel you can control.

3. Pick one of the circled problems to fix.

4. List all ideas to fix this problem (Silly ideas included. List them all).

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5. Circle your favorite idea.....now circle your idea that you can use

6. How will this idea work? Do you need to make any changes?

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**My first step to make this change starts** \_\_\_\_\_.