

# Worry Workbook



Name:

Date:



*My hobbies & interests are...*

*My favourite TV programme/ film is...*

*My favourite music is...*

*When I grow older I  
want to be...*



**All About Me**

*I am good at...*

*My favourite food is...*

*My favourite colour is...*

*My favourite place is...*

*The people in my  
family are...*

*My Pets are...*

*I am proud of...*





## How many emotions can you name?

It is really important that we are aware what emotions are and how they make us feel when we are learning to manage our emotions. Let's test your knowledge! How many emotions can you name? Now decide which ones are comfortable, uncomfortable or both.



Comfortable		Uncomfortable		Both	
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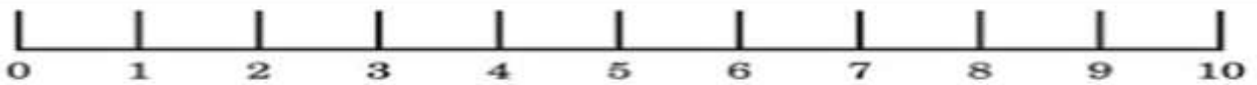


# How am I feeling today?

Scoring your mood can really help you identify how you are feeling and the reasons why. Out of 10 (10 - very happy and 0 - not happy at all) rate your mood and how you are feeling about school, friendships and home. Discuss what you are doing to be this score and what you can do to move up the scale. Record your score in the key below by using a different colour each week.



Mood



School



Friendships



Home



Colour						
Date						



# What is Worry?

Worries are unpleasant thoughts that you can't get out of your head. They're like annoying bugs that keep buzzing around and won't leave you alone.



When people worry, they tend to imagine the worst thing that could possibly happen. In reality, these worries may never come true. What *could* happen isn't the same as what *will* happen. Thinking about what will happen, instead of what could happen, can help you worry less.



It's normal to have worries—everyone has them from time to time. It's only a problem when your worries get in the way of other parts of your life, or if they make you unhappy.



The good news about worry is that it can't hurt you. Worrying might be uncomfortable, but you can learn to control it with a little practice.



# What do you worry about?

Identifying your worries is the first step in learning to manage them.

Look at the list of possible worries below and rate them using a scale of 1-10.

- 0 = you experience no worry
- 10= you experience a high level of worry

Potential source	Rating	Potential source	Rating	Potential source	Rating
School		Tests		Getting in to trouble	
Family		Travelling by bus/plane/train/car		Using the telephone	
Leaving the house		Change		Heights	
Untidiness		The dark		World news	
Putting your hand up to answer a question		Speaking to new people		Worrying about worrying	
Bullying		Your health		Homework	
What other people think of you		Visiting doctor or dentist		Being away from your family	
The future		Actions of others		School work	
How you look		Problems at home		Being perfect	
Health of others		Crime and safety		Busy places	
Friendships		Things going wrong		Death	
Germs and illness		My thoughts		Being alone	
Covid-19					

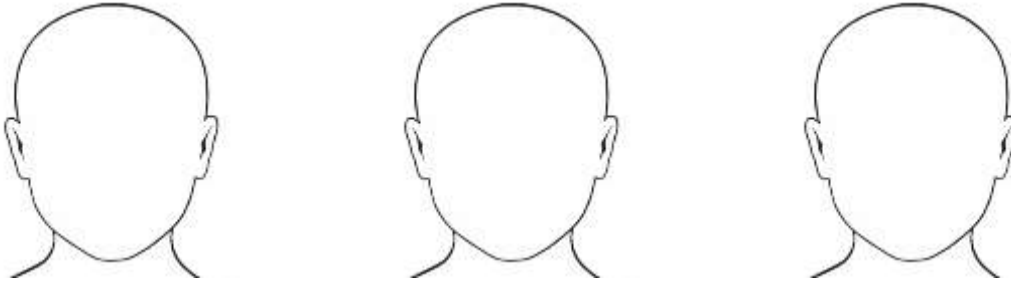
Activity adapted from: Kate Collins-Donnelly. Starving the Anxiety Gremlin: A cognitive Behavioural Therapy workbook for Young People.



## How does worry make you feel?

The feeling of worry can trigger other tricky emotions too, for example feeling sad, scared or even angry. Being aware of these emotions can help us better manage them.

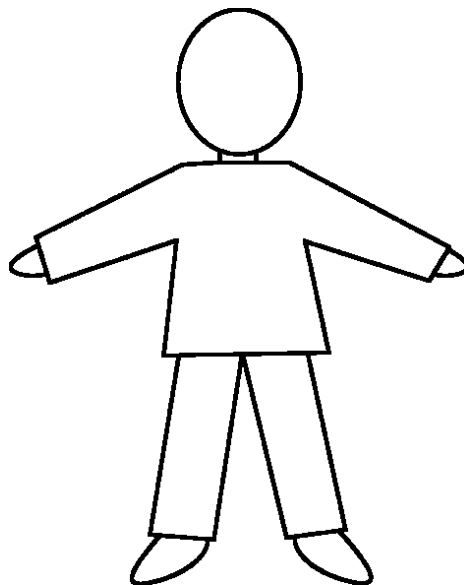
Draw on the faces below to show how worry makes you feel.



When we feel worried we often experience changes in our bodies, these changes can be uncomfortable, and for some people they're scary. For example you may experience a faster heartbeat, feeling hot and tense, jelly legs, shortness of breath, stomach ache or butterfly's, lump in your throat and not being able to think straight. This is our body preparing to protect its self from a situation we may think is threatening or dangerous, but is often not.

What happens to your body when you are feeling worried?

Label on the body below and discuss.



# Managing Worries

The good news about worry is that it can't hurt you. Worrying might be uncomfortable, but you can learn to control it with a little practice. Is there anything you already do that helps you control your worry? Write it below and discuss.

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.....

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Please see below some helpful strategies to help you manage your worries. Let's try and practice one together each session and then review it the next time we meet.

## 5-4-3-2-1 Technique

5 - Things you see



4 - Things you can touch



3 - Things you can hear



2 Things you can smell



1 - Deep breath



## Calming ideas

Use positive self-talk ("I can do this")  
 Take deep breaths  
 Slowly count to 10  
 Have a cold drink  
 Go for a walk  
 Listen to relaxing music  
 Imagine your favourite place  
 Think about a time when you felt happy and calm  
 Say the alphabet slowly  
 Massage your hand  
 Tense and relax your muscles

## Relaxation

Focus in one muscle in your body at a time, and slowly tighten and then relax the muscle.



## Visualisation



Imagine a happy place  
 Imagine a calming image  
 Imagine something funny

## Distraction Ideas

Read a book  
 Draw a picture  
 Write a story  
 Talk to a friend  
 Do a sport activity  
 Do some of your favourite things  
 Listen to music  
 Write a diary  
 Play a game  
 Do a random act of kindness  
 Think of a happy memory  
 Picture a happy place  
 Exercise  
 Go for a walk  
 Name animals alphabetically (alligator, bear, cow, dog, etc...)

## Breathing

Imagine you are taking a deep breath and smelling a fragrant flower, then hold for 1-2-3 and release your breath slowly to blow out a candle.



1-2-3



## Have fun!



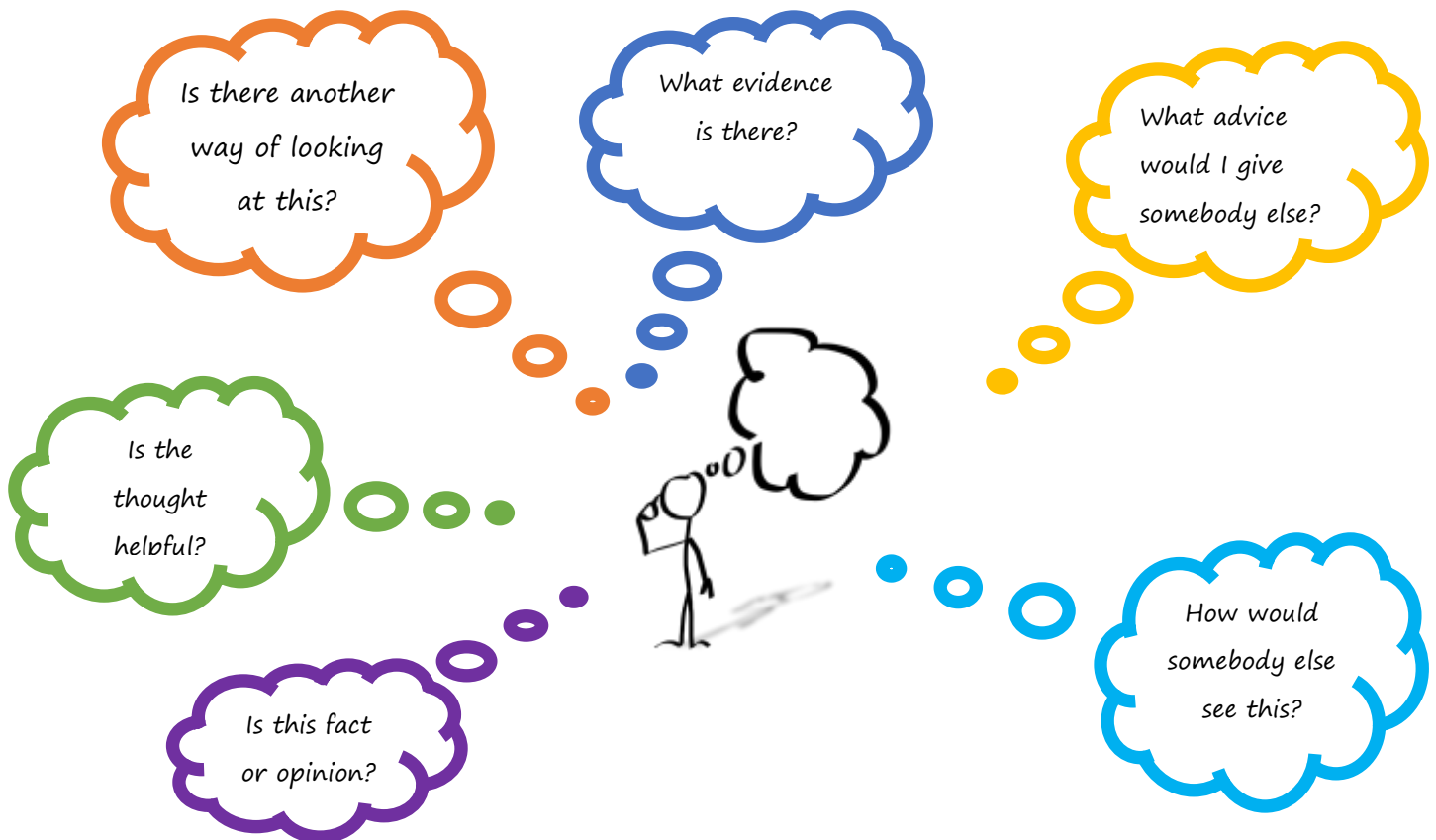


# Challenging Worrying Thoughts

Our worries are often triggered by our thoughts. Some worrying thoughts can be helpful but sometimes they can be unhelpful and negative.

Once your mind and body are feeling calm you can start to challenge your worrying thoughts.

Let's practice standing up to some of your worries... think about a recent worry and use the questions below to challenge it.



What is the worry?

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What are the facts?

.....

Is there a more helpful way of thinking about this?.....

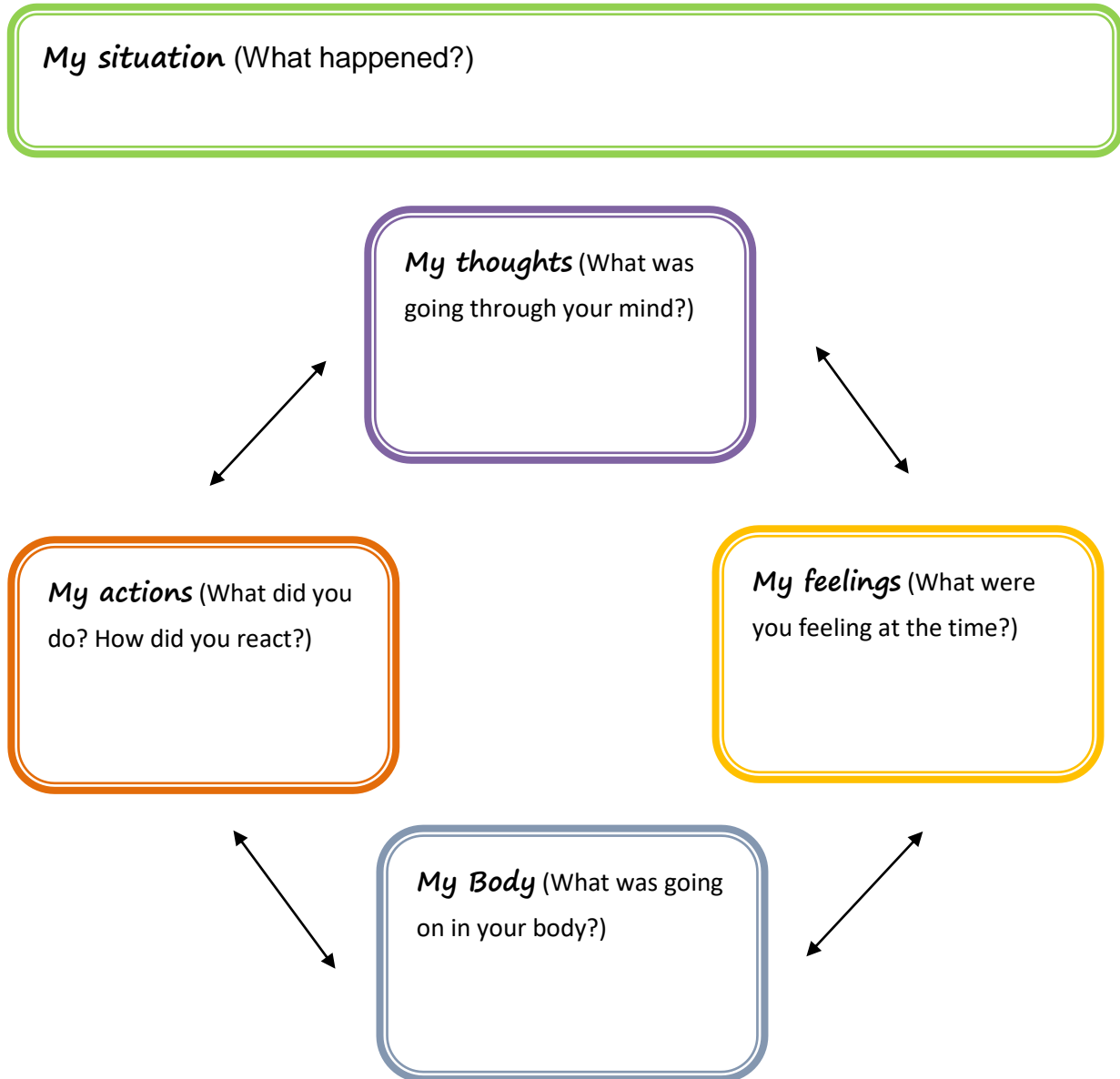


# Thoughts, Feelings and Actions

Everybody has worries, both big and small. To better solve your worries, it helps to learn how your thoughts, feelings, and actions are connected.

Think about a worry you have had, and let's think about how the **feelings** in your body link with your **thoughts** and how this made you **act**.

Can you think of a time you have found yourself in this cycle? Discuss and write in the boxes below.



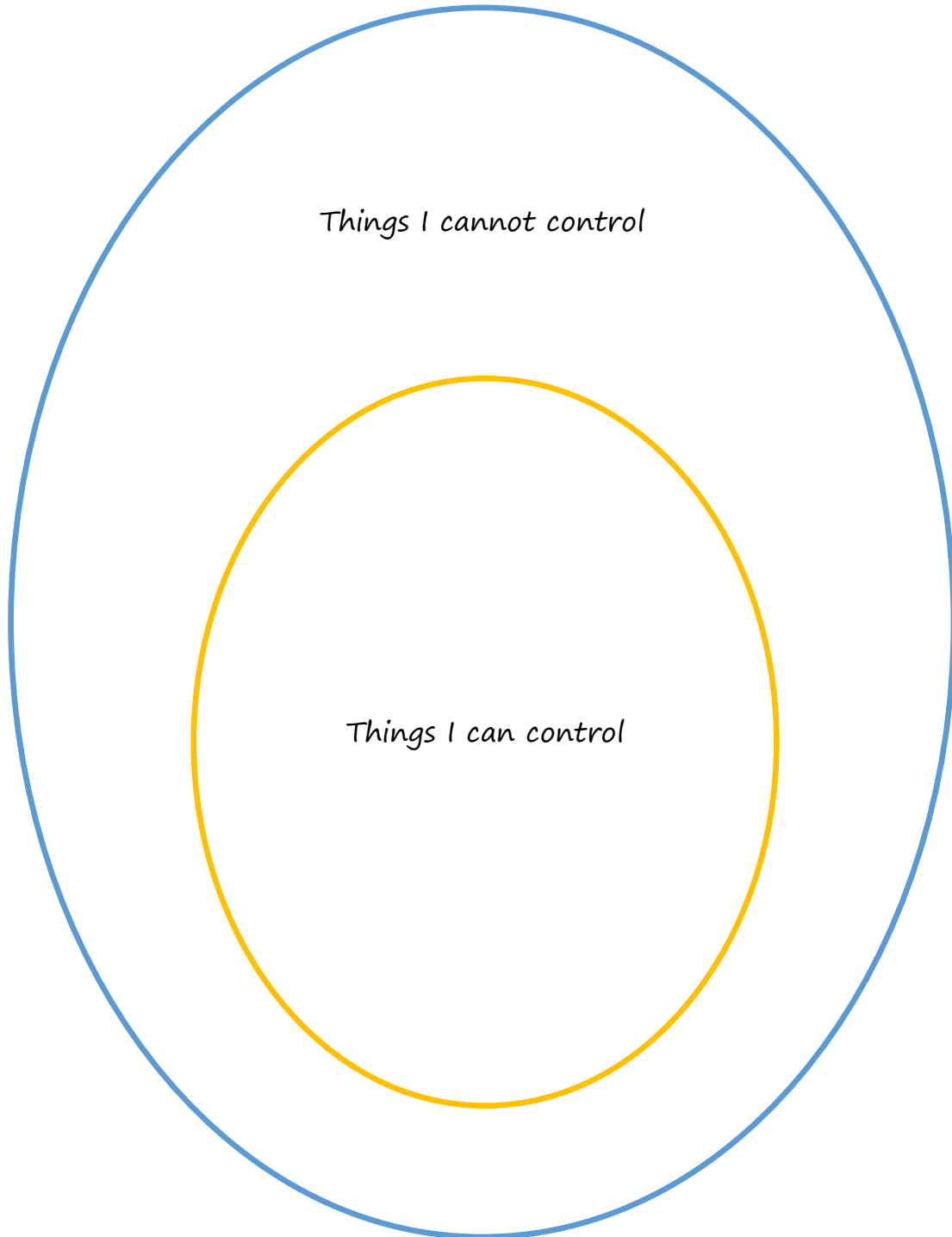
We can break this cycle by changing the way we think about the situation. Write a new thought, feeling and action in the boxes below. Can you see how the cycle can be reversed?

New thought	New feeling	New action



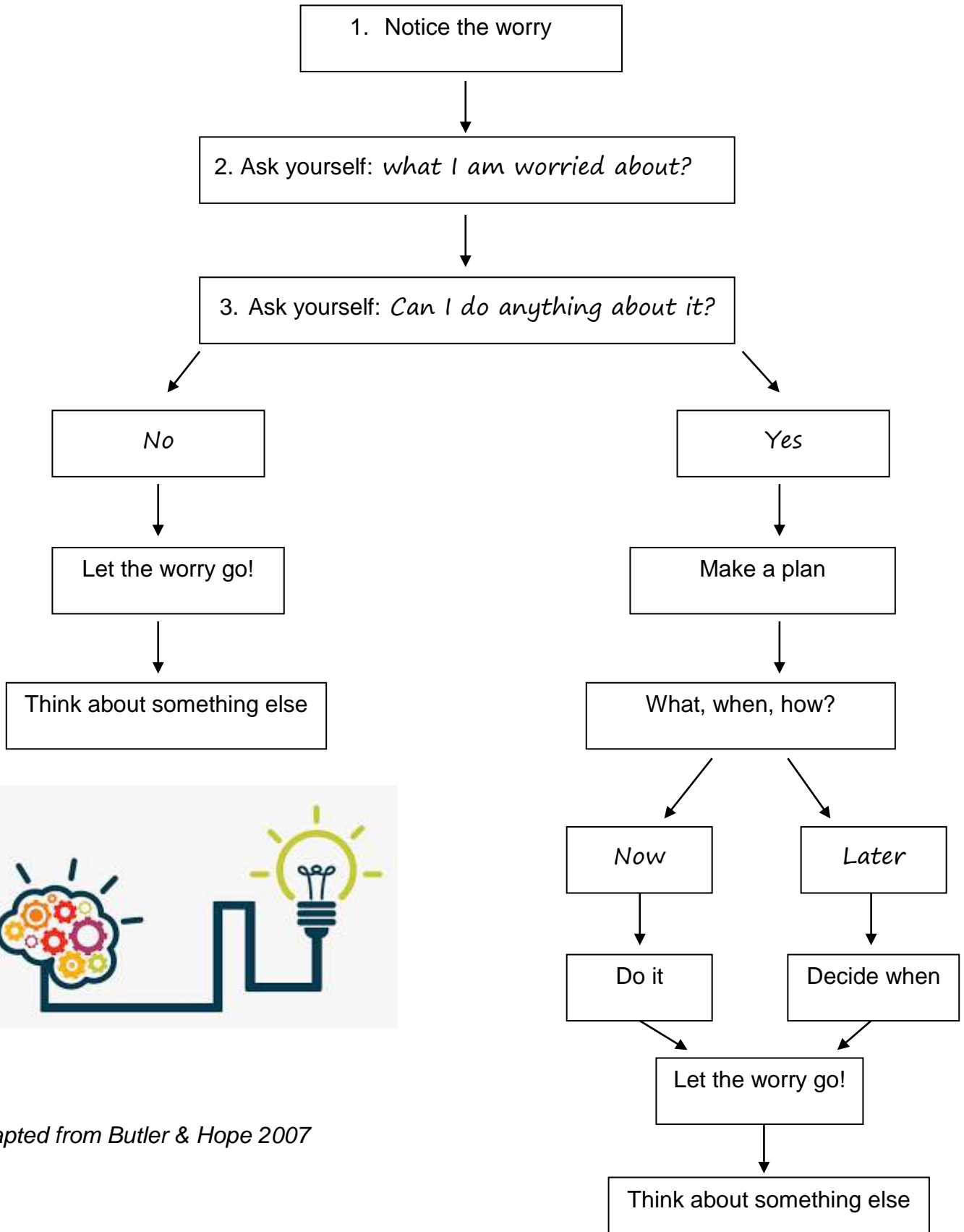
# The circle of control

There are things in life we can control, like how we treat others and handing our homework in on time. There are things we cannot control, like the weather and other peoples actions. It is important to let go of the things we cannot control, particularly if they become a worry.



# Problem Solving

When we have a worry it is sometimes really hard to think straight and make a plan. Here is a flow diagram to help you solve a worry you may have. Think of a recent worry you had and use the flow diagram to help you solve your worrying problem.



Adapted from Butler & Hope 2007



# My wellbeing plan



Think about all the things that make you feel calm and positive; these things will help you take control of your emotions.

*My goals:-*

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*Activities I enjoy:-*

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*My helpful strategies:-*

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*I can talk to:-*

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Creating a plan of action can be a great way to help you set goals and identify things that will help you to achieve them. Complete the plan above and share this with parents/carers and your teacher as they can also support you to achieve your goal.

