

## WORRY THOUGHTS

- I'm going to feel really sad and scared when my mom leaves
- Something bad is going to happen (get in trouble; people being mean)
- I'm not that close to anyone in my class
- I'm going to panic when it's time for her to leave
- I'm going to get sick- my stomach will start hurting
- Everyone is going to see me crying

## WHAT ANXIETY WANTS ME TO DO

- Start crying
- Run after her/outside the building
- Start panicking
- Stomp my feet/clench my fingers
- 



- Remind myself that it is just my anxiety acting up again. There is nothing to be afraid of!
- Do something to take my mind off of it- DISTRACT myself! (play with beanie boos, draw)
- TALK BACK to my anxiety:
  - You aren't true...go away!
  - Stop bothering me! I am not going to get sick.
- Do the OPPOSITE of what my anxiety wants me to do:
  - Don't wash my hands- do something else instead
  - Don't ask my mom/dad to reassure me. Instead, tell myself that I am NOT going to give in to my anxiety!
- CHALLENGE my worries:
  - What are the chances that I will really get sick?
  - What is the worst that could happen? The best? What's MOST LIKELY going to happen?
  - Even if I DID get sick, it wouldn't last long and it wouldn't be that bad. It's NO BIG DEAL! 😊
  - Germs die! They don't live on things forever.
- Help myself to RELAX
  - Calm breathing (in for 4, out for 4)
  - Relax my muscles
  - Imagine a calm and peaceful scene. Remember to use my senses! (sight, sound, smell, touch, taste)