A SELF-HELP ANXIETY WORK-BOOKLET FOR TEENS

Created by Elizabeth Scott for Black Country Healthcare NHS Foundation Trust
Introduction

Hello, and welcome to the...

CAMHS Anxiety Self-help Booklet for Teens

Here are some **SUPER ideas** to help you manage your anxiety, especially at this anxiously provoking time, when access to CAMHS is limited.

This work-book can be completed at your own leisure, it has some really useful techniques, exercises and resources that will help reduce your anxiety now and for the future.

This will also be a handy guide to keep; it will help you take charge of your own recovery

Name..............................................................................................................................................

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What is Anxiety?

- Anxiety is a normal emotion experienced by everyone to varying degrees— it is usually a response to threat or danger.

- Anxiety is common— there are times when we all feel worried and stressed.

- Certain experiences and memories provoke anxious thoughts and experiences it’s like having an anxiety villain in our head.

- Anxiety is one of the most treatable mental health difficulties. We can become our own superhero and get rid of the anxiety villain from bothering us.

- Anxiety can become a problem when it stops us from functioning normally such as attending school or socialising with others.

- Due to anxiety in our heads, young people can develop unhelpful coping behaviours e.g. risky behaviours, deliberate self-harm.

- Young people often avoid situations that feel unmanageable, which means they don’t face their anxiety, fears and overcome them. Avoiding things can keep the anxiety going.

- Young people can develop safety behaviours, which can keep the anxiety going.
What is Cognitive Behavioural Therapy?

Cognitive Behavioural Therapy (CBT) helps people to examine and understand their world. It looks at how our thoughts, feelings, bodily symptoms and behaviours are inter-related.

CBT can help young people look at their current situation by adapting their thoughts, feelings and behaviours to reduce their anxiety (becoming their own anxiety superhero).

Anxiety Disorders that are treated with CBT

Generalised Anxiety

GAD is a chronic anxiety disorder, characterised by exaggerated worry and tension, even when there is little to provoke it. Children with GAD can ask a lot of “What if” questions.

Social Anxiety

Social Anxiety or Social phobia is an excessive self-consciousness in everyday social situations. There can be a fear of talking, eating and drinking in front of others, or in its extremity symptoms can be anytime children with these symptoms are around people.

Panic Disorder

Panic is unexpected and repeated episodes of intense fear accompanied by physical symptoms that may include chest pain, heart palpitations, and shortness of breath, dizziness or abdominal pain. Children can have Panic Attacks which are very uncomfortable and can last from a few minutes to half hour and children think they may faint or die.

Post-Traumatic Stress Disorder (PTSD)

This can develop after exposure to a terrifying event or ordeal in which harm occurred or threatened. Traumatic events can trigger PTSD include violent attacks, accidents and domestic violence to name a few.

OCD

Recurrent unwanted thoughts (obsessions) repetitive behaviours such as hand washing, counting, checking and cleaning are often performed in the hope of preventing obsessive thoughts or to make them go away. Performing these “rituals” can provide only temporary relief and not performing these rituals will increase anxiety.
Mapping out Anxiety

Situation

Thoughts

Behaviour

Physical Feelings

Emotional Feelings
THE COGNITIVE MODEL

SITUATION: SOMETHING HAPPENS
THOUGHT: THE SITUATION IS INTERPRETED
FEELINGS: A FEELING OCCURS AS A RESULT OF A THOUGHT
BODILY SYMPTOMS: SYMPTOMS ARE FELT IN THE BODY AS A RESULT OF A THOUGHT OR FEELING
BEHAVIOUR: AN ACTION IN RESPONSE TO THE THOUGHT, FEELINGS OR BODILY SYMPTOMS
Why do we need to breathe?

Breathing is a necessity of life that usually occurs without much thought. When you breathe in air, blood cells receive oxygen and release carbon dioxide. Carbon dioxide is a waste product that’s carried back through your body and exhaled. Improper breathing can upset the oxygen and carbon dioxide exchange and contribute to anxiety, panic attacks, fatigue and other physical and emotional disturbances.

Fun games with deep breathing:

Breathe out to empty the air out of your lungs. Breathe in deeply and evenly through both nostrils. Hold your breath for a count of five. Use your left thumb to block off your left nostril and breathe out slowly through your right nostril. Breathe in deeply through your right nostril and hold your breath for five counts. Now block your right nostril with your right thumb and breathe out slowly through your left nostril. Repeat several times.

Put on some slow, relaxing music. Close your eyes and listen to the beat. Take a deep breath in for 3–5 beats of the music, hold your breath for 3–5 beats, and then breathe out slowly for 3–5 beats. Repeat, pairing you’re breathing with the music.

Teach these games to someone you care about and practice at home (at least once a day).
Breathing and Relaxation Techniques

Start breathing in for one second and following the instructions around the shape, then increase the number of seconds until counting to 5 each time you are working around the shape.

Square Breathing

Breathe In

Breathe out

Breathe In

Breathe Out

Triangle Breathing

Breathe out

Breathe in

Hold

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Freeze

Why is freezing a helpful response?
- In early stages it gives us time to evaluate situation and makes us less noticeable.
- Later on if not possible to escape, becoming unresponsive may be best chance of survival.

What happens in the body and mind?
- Thinking become quicker early on
- Attention focused on escape routes
- Later on emotions become numb and body unable to move.

Flight

Why is flight a helpful response?
- A successful escape could mean survival.

What happens in the body and mind?
- Body prepares for physical activity by:
  - Releasing adrenaline
  - Increasing heart rate
  - Speeding up breathing rate
  - Tensing muscles

Fight

Why is fight a helpful response?
- Fighting comes with risk of death, injury or other consequences. But if the fight is won it increased chance of survival.

What happen in the body and mind?
- Body prepare for physical activity:
  - Releasing adrenaline
  - Increasing heart rate
  - Speeding up breathing
  - Tensing muscles
The caveman could Fight

Flight

Freeze

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Today we still will fight, Flight or freeze

Examples of threats

<table>
<thead>
<tr>
<th>School</th>
<th>Germs</th>
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<tr>
<td>Bullies</td>
<td>People</td>
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<td>Exams/tests</td>
<td>Snakes</td>
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<tr>
<td>Interviews</td>
<td>Busy Places</td>
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<tr>
<td>Flights</td>
<td>Going Outside</td>
</tr>
<tr>
<td>Public Transport</td>
<td>Talking to Others</td>
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</tbody>
</table>

It can be anything that we are a little scared of; it can set off our bodies natural alarm system.
The Body and Fight, flight and freeze

ALARMING ADRENALINE!
The body's alarm system

When the brain perceives a threat, it activates the body’s “fight or flight” alarm system, and adrenaline is released into the blood from the adrenal glands. We experience uncomfortable feelings because the adrenaline makes the body systems speed up, diverting blood towards the big muscles, preparing us to attack (anger) or escape (anxiety).

Brain hijacked
Thoughts race which makes it hard to think clearly & rationally. Feelings of being “unreal” or detached.

Eyes widen
Allows more light in – improves (or blurs) vision.

Head dizzy
or light-headed.
Result of our faster breathing.

Mouth dries
Caused by narrowing of the blood vessels.

Breathe fast & shallow.
Helps us take in more oxygen, which is then transported around the blood system. Sometimes experience a choking feeling.

Body heats & sweats
A side effect of all the speeded up systems is that the body rapidly heats. Sweating allows the body to cool again, and to become more slippery to allow escape.

Stomach churns
Adrenaline reduces blood flow and relaxes muscles in stomach and intestines (blood diverted to limb muscles) causing nausea, butterflies or churning.

Heart beats faster
& palpitations. Blood pressure and pulse increase as the heart pumps more blood to muscles, allowing us to run away or attack.

Muscles tense
Blood, containing vital oxygen and glucose energy, is sent to the big muscles of the arms and legs – ready for fight or escape. Can also cause aches & pains.

Hands tingle - legs tremble
or “Jelly legs”. Blood is diverted to large muscles, and small blood vessels constrict, causing tingling, trembling or numbness.

Bladder relaxes
Inner sphincter muscle relaxes so we might feel urge to pass urine. Outer sphincter remains under conscious control (except in rare terror situations).
Let’s be scientists, it’s

Experiment Time!

Feel for your pulse on our wrist or neck, you will feel your heart beats. We will then set a minute timer on our phone or watch and count the beats of your heart per minute. This will give you an approximate pulse rate.

- What is your Pulse Rate?

Now we are going to jog on the spot or do star jumps for a minute. Then as soon as we can find your pulse on your wrist or neck and retake your pulse rate?
• What is your new Pulse rate?

______________________________

After a minute of resting, please retake you pulse rate

• What is your Pulse Rate now?

______________________________

• What did you notice?

______________________________

______________________________

*Learning Point*

This experiment shows that when you do exercise your heart rate increase and when you stop and relax your heart rate returns to normal. Anxiety/Panic can increase our Heart Rate but when the anxious/panic episode passes, the heart rate will reduce back to normal too.
My Four Smart Goals

What would be your four goals that you would like to achieve after tackling your anxiety? This may be something that you used to enjoy that you may have stopped doing.

1. ________________________________
   ________________________________
   ________________________________
   ________________________________

2. ________________________________
   ________________________________
   ________________________________
   ________________________________

3. ________________________________
   ________________________________
   ________________________________
   ________________________________

4. ________________________________
   ________________________________
   ________________________________
   ________________________________
**Behaviour Experiment**

When attempting a “set goal”, breaking these down into smaller steps can make the overall goal feel more achievable and gives us more confidence. Attempt to break your goals into smaller steps and carry out this experiment as below, if you were unable to achieve the step, break the step down further into more steps and try again.

**Were you able to do it?**

Yes/No

**How did it go?**

0 1 2 3 4 5 6 7 8 9 10

No issue Too Difficult

**What were you thinking?**

_________________________________________________________

_________________________________________________________

**What were you feeling?**

_________________________________________________________

_________________________________________________________

**What did your body do?**

_________________________________________________________
At first goals can seem too big to achieve straight away, so we can break them down into smaller steps. Each step we achievable is a step towards SUCCESS!!!
Progressive Muscle Relaxation

Whole Body Script

1. Forehead
   - Brush up your forehead like you are thinking hard. Squeeze it tighter, tighter. Now you can relax. (Hold for around 10 seconds)

2. Eyes
   - Squeeze your eyes tight like you are about to blow out the candles on your cake and make a wish. No peeking! (10 seconds)

3. Cheeks
   - Pull your cheeks out as far as you can. Make them bigger, like you have a mouth full of food! Now, relax. (10 seconds)

4. Mouth
   - I want you to pretend you are chewing a really big piece of gum. It's really hard to chew, but keep chewing! (10 seconds)

5. Shoulders
   - I want you to try and touch your shoulder blades together. Squeeze tighter, you're almost there! Now you can relax. (10 seconds)

6. Arms
   - I want you to pretend your arms are straight and stiff as possible! Pretend you are frozen! Now you can relax. (10 seconds)

7. Lower Back
   - Sit up super straight and try to be as tall as you can! Taller! Taller! And now relax! (10 seconds)

8. Legs
   - I want you to make your legs as straight as you can. Pretend you are frozen again! Now you can relax. (10 seconds)

9. Feet
   - I want you to press your feet into the ground as hard as you can! Push, Push! And now relax. (10 seconds)

10. Toes
    - Pretend you are at the beach, and squish your toes in the sand! So squishy! And now relax. (10 seconds)

Tykes of Tomorrow
Feeling anxiety? Do a "grounding" tool.

Look around you. Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. This is called "grounding." It's helpful to do whenever you feel anxious.

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**Fact or Opinion**

**What’s the difference?**

**Fact**
Undisputed, driven by rational thought, Head

**Opinion**
Personal view, arguable, driven by emotion/Heart

When we are stressed we can be driven by emotions and opinions which can create a cycle that fuels each other.

![Circular diagram showing Emotion and Opinion with arrows indicating Emotions strengthen our opinions which intensify]

**Opinions**
Can lead us to have unhelpful thoughts and carry out impulsive acts like being avoidant, or thinking the worst about a situation which can upset us and maintain the overall problem.

**Facts**
Can help us make wise and calm decisions, using rational thinking, it can help us consider what is more realistic, leading us to be less distressed.

**EXAMPLE**
If someone walked past us without saying hello, you may have thoughts like “she ignored me, she doesn’t like me”, this is your **OPINION** this may lead to us feeling upset and reacting in a way where you may tell yourself nobody likes you.

**In fact**...
The only **FACT** is she only walked past; anything else is an **OPINION**, reality is she may not have seen you or she is worried about something and that worry is on her mind, thinking this way is less upsetting.

Are your thoughts....**FACT or OPINION??**
<table>
<thead>
<tr>
<th>Situation</th>
<th>Initial thought</th>
<th>Evidence to back-up thought</th>
<th>Fact or Opinion</th>
<th>New thought</th>
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</thead>
<tbody>
<tr>
<td>Example – Someone ignored me</td>
<td>She doesn’t like me</td>
<td>haven’t got any factual evidence</td>
<td>Opinion</td>
<td>Because she ignored me does mean she dislikes me</td>
</tr>
</tbody>
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NEGATIVE AUTOMATIC THOUGHTS (NAT)

The brain is the largest organ in the body, it likes exercising itself. It sends out electro-chemical impulses (THOUGHTS) and helps us interpret the world around us, each individual has between 70,000 - 100,000 thoughts every day. Without realizing it we are giving meaning to everything that happens to us. We will all give different meaning, to different events due to our experiences, culture, religion, upbringing and family values. Sometimes our thoughts do not mean anything to us, but because we may have bad thoughts, we can tell ourselves off or not like ourselves for having that particular thought!!

NAT can be words, images, a memory, a sound, or a sense we have. They just pop into our head. Sometimes we don’t notice them.

Events can trigger physical and emotional feelings, like feeling happy, nice, sad, horrible, scared, frightened etc.

When certain thoughts make us feel certain emotions like something bad will happen, or I won’t be able to cope, this will lead us to feeling ANXIOUS

Our thoughts can repeat themselves over and over if we pay too much attention to these thoughts, they can become believable and lead us to feel worse and worse with new unwanted thoughts attached to them.
Thoughts are not necessarily true or helpful.

**DON'T BELIEVE EVERYTHING YOU THINK**

---

**Homework**

**Thought Diary**

<table>
<thead>
<tr>
<th>Thought</th>
<th>How does the thought make you feel?</th>
<th>Is the thought Fact or Opinion</th>
<th>What does that say about the initial thought?</th>
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T.H.I.N.K

Questions to ask your Anxiety Villain thoughts:

**True**
Ask yourself is this thought true?
Where is the evidence to prove its true? Is the anxiety villain trying to scare you again?

**Helpful**
Is this thought helpful to you right now?
Using your superpowers what thought would be helpful right now?

**Important**
Is the thought important right now?
What would be important for a superhero to think and do right now?

**Necessary**
Do I really need to believe or act on this thought right now?
Use your superpowers and do not believe the anxiety villain, do what is necessary right now?

**Kind**
Is this thought kind to me or others?
What would be a kind thought right now? How would a superhero be kind to themselves or others?

If you answer NO to the above questions, dismiss the unwanted thought and use your new superpowers to question your anxiety villain thoughts with questions highlighted in red. This will help you shift your focus of attention from the anxiety villain thought to a new superhero thought, making you feel stronger by defeating the anxiety villain.

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<table>
<thead>
<tr>
<th>UNWANTED THOUGHTS TO BE INVESTIGATED</th>
<th>TRUE</th>
<th>HELPFUL</th>
<th>IMPORTANT</th>
<th>NECESSARY</th>
<th>KIND</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evidence?</td>
<td>Helpf</td>
<td>Helpful alternative?</td>
<td>What is important to think or do now?</td>
<td>What is Necessary Now?</td>
<td>What would be a Kind Thought?</td>
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<tr>
<td>Truth?</td>
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UNHELPFUL THINKING ERRORS

WE ALL USE UNHELPFUL THINKING HABITS ESPECIALLY JUST BEFORE AND DURING TIMES OF DISTRESS, WE MAY FAVOUR SOME OVER OTHERS AND SOME THAT MAY SEEM FAMILIAR TO US. ONCE WE CAN START TO NOTICE THEM, WE THEN CAN CHALLENGE AND DISTANCE OURSELVES FROM THEM, THIS WILL ENABLE US TO SEE SITUATIONS IN A DIFFERENT AND HELPFUL WAY. SEEING SITUATIONS IN A DIFFERENT WAY CAN HELP HOW WE MAY THINK, FEEL OR REACT TO CERTAIN SITUATIONS CAUSING US LESS DISTRESS. PLEASE STUDY THE KEY BELOW AND THE EXAMPLE AND ALTERNATIVES TO EACH UNHELPFUL THINKING HABIT

IGNORING THE GOOD
This means paying more attention to the bad things, and ignoring when something good happens
Example: You score two goals in a football match and all you can think about is the shot you missed
Alternative: Am I only noticing the bad stuff, am I ignoring the positives, what would be more realistic? I played really well; I scored two goals nearly had three. I played really well.

BLOWING THINGS UP
Am I making something big out of something small, or making something that is a little bit bad the worst thing ever
Example: I am not allowed to see my friends on Saturday. My life is horrible
Alternative: Exaggerating the risk of danger or the negatives. Minimising the odds of how things are likely to turn out. I am not allowed to my friend’s party on Saturday, but my mom said if I am well behaved this week I can go to my friend’s house next Saturday.

FORTUNE TELLING/PREDICTION
Thinking you know what will happen in the future and that it will be bad.
Example: I bet no one will come to my birthday party
Alternative: Am I thinking I can predict the future, how likely is that to really happen? It’s my birthday party; some of my friends have said they are coming. I will see who turns up.

CRITICAL SELF
Putting ourselves down, blaming ourselves for events or situations that are not (totally) our responsibility. Self criticism
Example: I only got 80% in my exam, I am going to fail, I am thick and an idiot
Alternative: There I go again; the internal bully is at it again. Would most people who know me really say that about me? Is this something I am totally responsible for? I got 80% in my exam; my teacher said I am on track to get my GCSE. She said I am a hard worker.
SHOULD AND MUSTS

Believing things have to be a certain way. Putting pressure on ourselves by saying I should or shouldn’t setting up unrealistic expectations

Example: I should always be happy and never sad

Alternative: Am I putting more pressure on myself, setting to high expectations of myself that are almost impossible, what is more realistic? It is ok to be sad sometimes, nobody is happy 100% of the time.

MIND READING

Assuming we know what others is thinking about us, or why they are doing something.

Example: People are looking at me; I bet they think I am ugly

Alternative: Am I assuming what others are thinking, what’s the evidence? Those are my thoughts not theirs. Is there another more balanced way of looking at it? People are looking at me, I wonder if they like my new hairstyle.

JUDGEMENTS

Making judgements or evaluations about events, ourselves and others rather than describing what we actually have evidence for.

Example: She doesn’t say hello to me, she doesn’t like me, I bet she is a horrible person

Alternative: This is the way I make sense of the world that doesn’t mean my judgements are right or helpful is there another perspective. Maybe she is busy today, next time she may say hello.

COMPARE AND DISPAIR

Seeing only the good in others and getting upset when we compare ourselves negatively against them.

Example: She is wearing a lovely top, I wish I could afford it, I look horrible compared to her, I don’t like myself.

Alternative: Am I doing that compare thing again, what would be a more helpful and balanced way of looking at this situation. She is wearing a lovely top, I am going to save up and get myself a top like that. I also have some nice tops.

BLACK AND WHITE THINKING

Believing that something is, right or wrong, good or bad, black or white, while dismissing anything in between, such as grey areas.

Example: Tom doesn’t want to be my friend, nobody likes me.

Alternative: Tom doesn’t want to be my friend, but Mary does and I have other friends.
THE MIND BULLY CAN SEEM VERY STRONG AND BIG. HE CAN SAY VERY UPSETTING THINGS AND WANTS YOU TO BELIEVE THEM SO HE CAN PULL YOU IN THE BIG DARK PIT OF FEAR AND DESPAIR MAKING YOU SCARED AND FEARFUL. THE HARDER HE PULLS YOU ON THE ROPE TOWARDS THE PIT OF FEAR AND DESPAIR, YOU PULL BACK EVEN HARDER WHICH CAN BE EXHAUSTING. BY PULLING ON THE ROPE AND LISTENING, BELIEVING AND REACTING TO THE MIND BULLY, WE MAKE THE MIND BULLY BIGGER AND STRONGER.

LET GO OF THE ROPE, DO NOT PLAY TUG OF WAR. DO NOT LISTEN. DO NOT BELIEVE THE MIND BULLY. DO NOT REACT. HE WILL STILL BE THERE AT FIRST. THE MORE YOU IGNORE, TELL IT OFF OR TO GO AWAY, OR BY NOT STOPPING/AVOIDING DOING THINGS IT WANTS YOU TO STOP, THE SMALLER, WEAKER IT WILL BECOME AND THE MORE YOU PRACTICE NOT LISTENING AND PLAYING WITH THE MIND BULLY, THE MORE LIKELY THE MIND BULLY WILL DISSOLVE!!!! YOU WILL BECOME FREE.
MIND BULLY

LIST 3 THINGS YOUR MIND BULLY TELLS YOU ABOUT YOU OR OTHERS

1) -
2) -
3) -

LIST 3 THINGS HOW THE MIND BULLY MAKES YOU FEEL

1) -
2) -
3) -

LIST 3 THINGS THE MIND BULLY STOPS YOU FROM DOING OR THINGS YOU AVOID DOING

1) -
2) -
3) -

NOW - AFTER TODAY'S SESSION WE LEARNT NOT TO FEED THE MIND BULLY AND MAKE IT BIGGER. NOT TO PLAY TUG OF WAR. WE NEED TO STOP LISTENING, BELIEVING AND REACTING TO WHAT THE MIND BULLY IS TELLING US......

LIST 5 THINGS YOU WILL NOW NOT BELIEVE WHAT THE MIND BULLY SAYS ABOUT YOU OR OTHERS

1) -
2) -
3) -

LIST 5 THINGS YOU WILL NOT FEEL NOW YOU HAVE STOPPED LISTENING TO THE MIND BULLY

1) -
2) -
3) -

LIST 5 THINGS YOU ARE GOING TO START DOING AGAIN BECAUSE YOU ARE NOW NOT GOING TO REACT TO THE MIND BULLY OR AVOID SITUATIONS TO FEED IT OR KEEP THE ANXIETY GOING

1) -
2) -
3) -

REMEMBER THINK (True Helpful Important Necessary Kind)

NOTICE AND ACKNOWLEDGE THE MIND BULLY

DO NOT BELIEVE EVERYTHING YOU AUTOMATICALLY THINK (QUESTION IT, FACT OR OPINION, EVIDENCE)

SHIFT YOUR FOCUS OF ATTENTION (USE DISTRACTION, S421, 21, TECHNIQUE)

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CBT Challenge

We all have problems from time to time however big or small. CBT (Cognitive Behavioural Therapy) looks at how you think, feel and act towards situations and it looks at how your thoughts, bodily symptoms, feelings and behaviour connect with each other.

Thoughts - Are words that run through your mind. Thoughts are what you tell yourself about what’s going on around you. They are not necessarily true.

Feelings - Can come and go. Some people have happy and sad feelings all in one day depending on their situation. Some feelings are uncomfortable but they are not bad.

B. Symptoms - If you are fearful or anxious you can trigger the fight or flight response, you may experience unwanted bodily symptoms such as a fast heart rate

Behaviours - Things we do. Thoughts and feelings have a big impact on how we act. If you are happy you are likely to do positive things, if you are hurt or angry you may want to do negative things.

We have to try to break the cycle between thoughts, feelings, bodily symptoms and behaviours. Our thoughts are just guesses they are NOT fact!! We need to look and think of new ways of seeing situations differently. We need think about alternative or new thoughts about a situation, this will help us reduce our bodily symptoms, feel and act differently. This can break the cycle of anxiety.
Look at this example:-

<table>
<thead>
<tr>
<th>Situation: My friend Emma hasn’t spoken to me as much as usual over the past week</th>
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<tbody>
<tr>
<td><strong>Negative</strong></td>
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<tr>
<td><strong>My Thoughts</strong></td>
</tr>
<tr>
<td>Emma must be mad at me</td>
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Think of a recent situation that happened to you?

Write down your thoughts, bodily symptoms, feelings and behaviours.

Now challenge these thoughts, feelings and behaviours. What would be a new way to think, feel, and behaviour?

What did you notice?
**CBT CHALLENGE**

**Situation:**

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What did you notice

**Situation:**

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What did you notice

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Seeing the bigger picture

When something is distressing us, we're so close to it emotionally involved with it, part of it – that makes it really hard to stand back from what is happening. We need to stand back and look at the bigger picture. We need to look at different perspectives.

Finding a different perspective:

So some people saw a duck, a different perspective is that it's not a duck, it is a rabbit.

Some people saw a young woman, a different perspective is that some people saw an old woman.

A balanced view would be some people see a duck and some people saw a rabbit.

And

Some people saw an old woman some people saw a young woman, looking at the same picture.

This balanced view is kind to everyone.
**STOPP**

**Stop and Step Back**
Don’t act immediately. Pause.

**Take a Breath**
Notice your breath as you breathe in and out.

**Observe**
What am I thinking and feeling? What are the words that my mind is saying? Is this fact or opinion? Descriptions or evaluations? Accurate or inaccurate? Helpful or unhelpful? What unhelpful thinking habit am I using (e.g. mind-reading, negative filter, thinking the worst)? Where is my focus of attention? What metaphor could I use (mountain, tunnel, playground bully, thought train, beach ball, passengers on the bus)?

**Pull Back: Put in some Perspective**
See the situation as an outside observer. What would a fly on the wall see? Is there another way of looking at it? What would someone else see and make of it? What advice would I give to someone else? What’s the helicopter view? What meaning am I giving this event for me to react in this way? How important is it right now, and will it be in 6 months? Is my reaction in proportion to the actual event?

**Practise what works**
Do what works and what helps! Play to your Principles and Values. Will it be effective and appropriate? Is it in proportion to the event? Is it in keeping with my values and principles? What will be the consequences of my action? What is best for me and most helpful for this situation?
<table>
<thead>
<tr>
<th>STOPP Worksheet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notice the intrusive or distressing thought, image, memory, trigger...</td>
</tr>
<tr>
<td>Write your reactions and alternative, healthier responses in this column. What works for you? What will help? What can you tell yourself? What do you need to remember at those times?</td>
</tr>
<tr>
<td>STOPP!</td>
</tr>
<tr>
<td>Take a breath</td>
</tr>
<tr>
<td>Observe – describe the feelings, images, thoughts, body sensations, triggers.</td>
</tr>
<tr>
<td>Pull back / Put in some Perspective. What’s the bigger picture? Take the helicopter view. Is this fact or opinion? How would someone else see this? Is there another way of looking at this?</td>
</tr>
<tr>
<td>Practice what works. What is the best thing to do right now – for me, for others, for the situation.</td>
</tr>
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Imagery

Your thoughts have the power to change how you feel. If you think of something sad, it's likely you'll start to feel sad. The opposite is also true: When you think of something positive and calming, you feel relaxed. The imagery technique harnesses this power to reduce anxiety.

Think of a place that you find comforting. It could be a secluded beach, your bedroom, a quiet mountaintop, or even a loud concert. For 5 to 10 minutes, use all your senses to imagine this setting in great detail. Don't just think fleetingly about this place—really imagine it. What do you see around you? What do you notice in the distance? Look all around to take in all your surroundings. Look for small details you would usually miss.

What sounds can you hear? Are they soft or loud? Listen closely to everything around you. Keep listening to see if you notice any distant sounds.

Are you eating or drinking something enjoyable? What is the flavour like? How does it taste? Savour all the tastes of the food or drink.

What can you feel? What is the temperature like? Think of how the air feels on your skin, and how your clothes feel on your body. Soak in all these sensations.

What scents are present? Are they strong or faint? What does the air smell like?

Take some time to appreciate the scents.
Cognitive Reframing
Self-Isolation:

"My friends and I can't see each other" → "My friends and I are protecting each other"

"I'm stuck at home" → "I'm safe at home"

"I have lost all my freedom" → "I have relinquished my freedom for a noble purpose"

"I miss the things I love" → "I'm increasing my gratitude for the things I love"

Stay positive in these tough times

@RealDepressionProject

Created by Elizabeth Scott for Black Country Healthcare NHS Foundation Trust
You have now completed this workbook. You should continue to do the techniques in this booklet even when you feel better as they will be a good reminder of how strong you have become to overcome your anxiety. This booklet can also be used as a blueprint for the future and one that you can refer back to if you wish.

What you have learnt:-

You can relax

You can use PMR to get rid of any pent up anger or frustration

You understand that Fight, Flight and Freeze alarm is our human threat response system to danger and how adrenaline affects the body. You understand your fears.

You now understand how your Thoughts, Feelings, Bodily Symptoms and Behaviours all connect

You now have the power to change your thoughts with Fact/Opinion, THINK, unhelpful thinking habits and The Mind Bully

You understand Negative Automatic Thoughts and that thoughts are not real, you can use Imagery to make these thoughts go away.

You can now challenge your thoughts and use different perspectives to look at situations.

You can now see the bigger picture and you can use the tool called STOPP for now and in the future.

WELL DONE !!!!!!!

People with no experience of anxiety can say things like...

But finding the courage isn’t that easy to do.

You have found the courage!!
6 WAYS TO FEEL HAPPIER & CALMER

1. Recognize you're doing the best you can - and that is all you can expect from yourself.

2. Journal daily - and count your blessings.

3. Take 5 - 10 minutes to meditate daily. Or simply sit in silence.

4. Spend time with safe friends and family. Don't be afraid to ask for support.

5. Take care of your health. Eat well. Sleep well. Drink water.

6. Focus 20% on problems & 80% on solutions. Let go of what you can't control.

Karen Salmansohn
NotSalmon.com
The news of coronavirus has increased stress and anxiety amongst many of people, this app might help to think about fears and worries associated with the virus, as well as think of coping strategies while isolating.

If you would like something practical that offers self-help skills, these may be helpful:

Think ninja

If you would like to talk to someone, these might be helpful:

Mood gym

Kooth

Childline

Smiling minds

Mind shift

Mindful geeks

Headspace

Mindfulness and relaxation skills can help with anxiety: