

Anxiety Workbook



Name:

What is anxiety?



panic

nervous



worried

frightened

stressed
out

Here are some examples...

- meeting new people
- moving to a new house
- starting a new job
- going to the dentist

Part 1

Is it normal to feel anxious?

Everybody can feel anxious sometimes.

It can happen when there is danger.

It can happen in worrying situations.

Being anxious sometimes is ok.

Being anxious everyday is not good.

You can learn how to control anxiety.

This workbook will help you

- Part 1 tells you about anxiety.
- Part 2 is about helping yourself.



There is lots of information in this workbook

Read one page at a time.

What makes you feel anxious?

This is important.

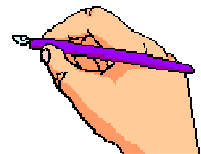
Then you can do something about it.

Here are some examples...

- going to the shops
- going into crowded places
- going to the doctors
- talking to people

What things make you feel anxious?

Write here



Anxiety can affect you in different ways:

How your body feels

Anxiety can make your body feel different

How you think

Anxiety can change the thoughts in your head

How you behave

can change what

Anxiety you do

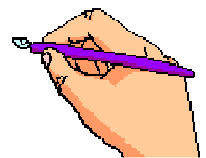
Feelings

How your body might feel:

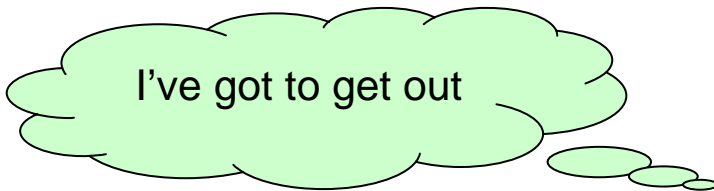
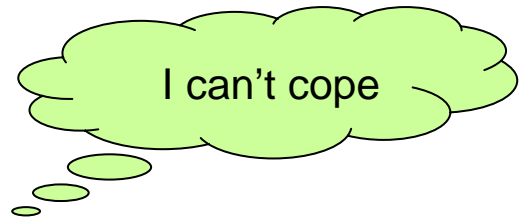
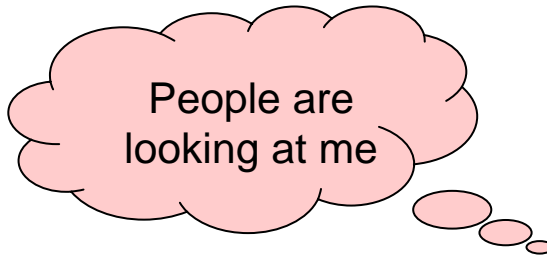
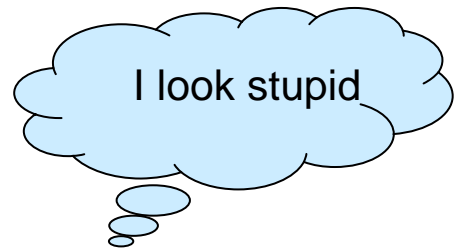
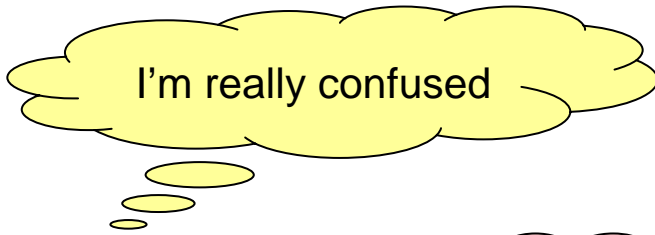
- Shaky
- Feeling sick
- Sweating
- Need to go to the toilet
- Heart beating faster
- Hard to breathe
- Feeling hot or cold

How do you feel when you get anxious?

Write here



Thoughts



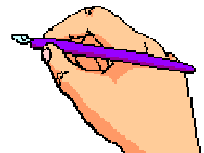
- You may worry a lot.
- You may find it hard

What you might think when you are anxious:

- to think.
- You may be scared.

What do you think when you get anxious?

Write here



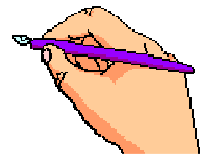
Behaviour

When you feel anxious it can change what you do.
You may not want to do something that will make you
anxious.

Do these things make you anxious? Tick the boxes:

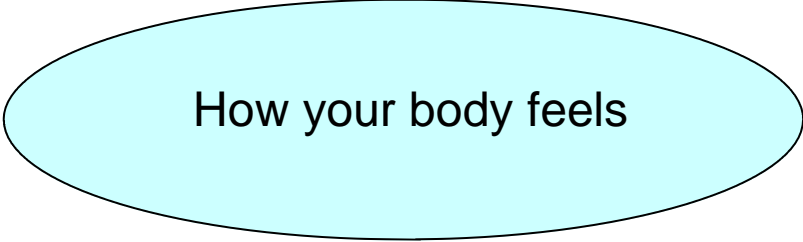
- Going to places where there are lots of people
- Busy shops
- Talking to people
- Eating out
- Leaving the house

Write here the things that make you anxious

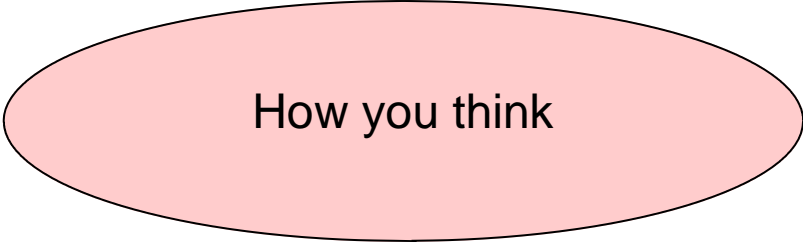


Helping Yourself

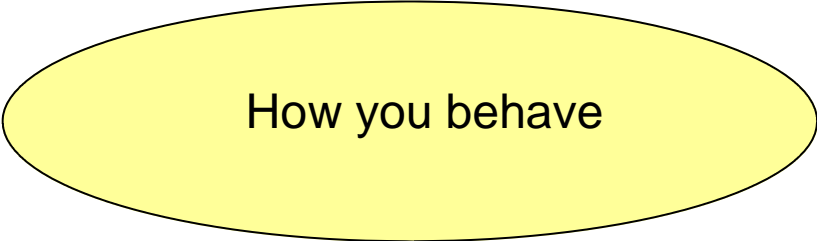
Learn new skills to help you with.....



How your body feels



How you think



How you behave

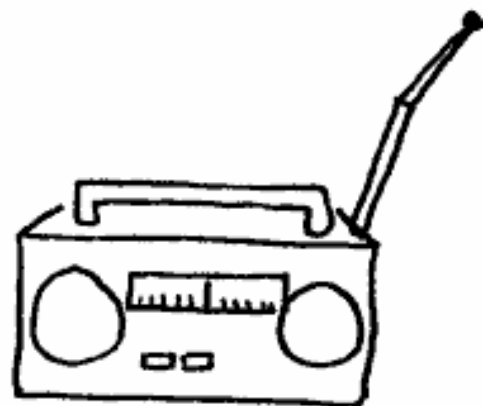
Things you can do

Some examples.....

- Watch television
- Read
- Have a bath
- Go for a walk
- Breathe deeply
- Listen to music
- Spend time with a friend
- Have a special place to go



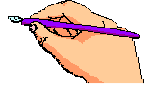
Things you can do



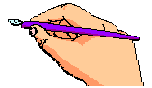
Keeping healthy

- Get enough sleep

How much sleep do you get?

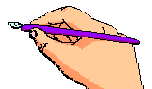


What healthy food do you eat?

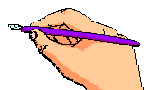


- Eat healthy food

What exercise do you do?



What do you enjoy?



- Exercise

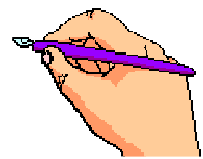
Relaxation

Things other people can do for you:

- Teach you how to breathe more slowly
- Teach you how to relax your body
- Show your family or carers how to help you

What helped you most ?

Write here



Keeping an anxiety diary

- An anxiety diary is really useful
- It helps you keep a check on what makes you anxious
- It helps you to learn how to control your anxiety



This is the anxiety diary

You can photocopy more pages if you need to

Fill in the boxes every time you feel anxious



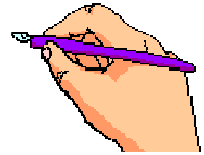
Date and Time:	What were you doing? e.g. shopping	How did your body feel? e.g. felt sick	What were you thinking? e.g. worried, "I want to go home"	What did you do? e.g. leave the room, cry

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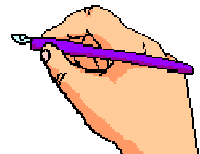
Things I will try

Write them down:

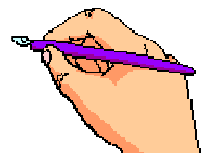
At home



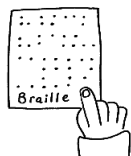
At my day centre or work



When I am out and about



This leaflet is available in other languages or formats



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