

ANXIETY & WORRY STRATEGIES

Get Back To Your Senses! 5,4,3,2,1. Name 5 things you see, 4 things you hear, 3 things you feel, 2 things you smell, 1 thing you taste. Go slow. Be intentional.

Box Breathing. Make a box in the air, or use the chalkboard, or the floor, or your desk, or a ceiling tile. Follow with your eye to one corner as you breathe IN, pause, then follow with your eye to the next corner, pause, breathe OUT; continue around the square several times.

Horsey Breath. Shake your head and make the noise of a horse.

Question Your Stories. Is it true? How do you know 100%? What is the worst that can possibly happen? What are the chances that the worst **will** happen? How often am I wrong about my stories? (Very often).

Connect to Nature. Go for a walk. Hug a tree. Touch leaves or grass. Listen to the birds. Feel the sun or wind.

Dance! Walk! Run! Cycle! With a friend; a parent; a teacher; or by yourself. Move your body and feel better!

Hug It Out. We always feel better with physical connection and contact. Hug a parent or a friend or a pet.

Schedule Your Worry. If you are worried about tests on Friday but it's only Monday, write in your planner to worry Friday morning. Then your brain will let go of the worry. If it shows up before Friday, say "hello worry, I don't have time for you right now, I will see you Friday morning". This really works.

Silence Your Inner Critic. If you have a habit of saying mean and unkind things to yourself, like: I'm so stupid, everyone hates me, I have no friends, I'm dumb, I'm hopeless, etc. Try this when you recognize that you are being unkind to yourself, say, "Oh, hello Inner Critic. Boy, you really don't like me very much. I don't have time to talk to you right now. Let's try tomorrow morning". Guess what? When tomorrow morning comes, or whenever Inner Critic shows up again, just keep doing the same thing. Push your Inner Critic away by saying you don't have time to talk. Eventually it will go away for longer and longer periods of time. Eventually you will train yourself to be KIND to yourself.

Muscle Tensing and Relaxation. Try tensing up every muscle in our body. Then try to become as relaxed as you can. Do this a few times. Do this several times. This may calm your worry anxiety.

Journal. Writing out our stories helps us to think about them in a clear way. It helps to take our pain, fear, worry, hurt and to move it from our brain and our body and to give us some space, it moves from us to the paper. We then are in charge of it, because we can write about it.

Share It To Bear It and Name It To Tame It. This is the same idea as journaling. When we share our stories, our pain, our fears, when we can name it, when we can talk about it, it shrinks and gets to be way less.

I'M OK Mantra. Breathe IN and say out loud or silently "I'm". Breathe OUT and say out loud or silently "OK". Touch your tummy or leg while you do this. This "grounds you" and reminds you that you ARE OK and safe.

Let Go Of Unrealistic Expectations And Ask For Help. If you feel you need to be perfect, stop. Accept that you are where you are at. Then if you want to change, ask for help in changing. Really. Do it.

HOW TO BE MORE BRAVE AND SUCCESSFUL AT SCHOOL

BE SMART AND BRAVE ENOUGH TO SAY WHAT YOU KNOW YOU DO NOT KNOW (ALWAYS).

Raise your hand if you have a question.

Say what you DO understand (or THINK you understand) and add in what you still don't quite understand.

If you are really lost, say so.

If the teacher doesn't have time... see them at lunch, or recess, or after school.

Many others in the classroom also likely will not understand.

Remember that you are SAFE not to know. You will NOT be thought of as dumb. You will not be punished.

TEACH YOURSELF / ASK YOUR PARENTS / ASK YOUR STUDY FRIEND(S).

Google it. Watch a YouTube video on it. Watch MANY different YouTube videos on it.

Ask your parents to teach you (if they're like me, they won't know either and so they too will Google it and YouTube it and learn it themselves and then be able to help you understand where you are 'stuck').

MATH / SCIENCE / PHYSICS / BIOLOGY -- MEMORIZING FORMULAS.

If memorizing formulas or definitions of complex things is an issue, ask for permission to have a 'sheet of formulas' or "1 piece of paper" allowed for quizzes, tests and exams full of things that you cannot memorize.

MATH QUESTIONS.

Go over each word. Be sure you understand each word.

Teach your parent or study-friend or teacher what each word MEANS to you (so they can correct you when needed).

Go slow. Go back to the beginning of the question often.

Say to yourself: so it's THIS, and then THIS happens, and then I need to figure out THIS... like you are a DETECTIVE.

PICTURE IT IN YOUR MIND.

What would you SEE if you were there? WHO would you SEE if you were there?

What would they be saying? How would they be acting or reacting?

Place yourself right on the battle front (what would you wear, what colour is your skin, what language would you speak); or right in the room sitting at the same table, or right in the mind of the person.

PICTURE IT ON PAPER.

Draw out what it is that's happening. Stick figures or as detailed as you wish. This will allow you to SEE what's there.

GRAPHIC ORGANIZERS.

Research online and try a few.

RULER.

Use a ruler when reading.

FINGER.

Use a finger when reading.

REVIEW AS YOU GO.

Read OUT LOUD when you can.

Say to yourself the main gist or main summary or main idea of the sentence or paragraph.

Teach another person (friend, parent or your make believe friend) what it is you just read about and learned.