

When I am Worried

Coping skills
for Kiddos who
are feeling
Anxious

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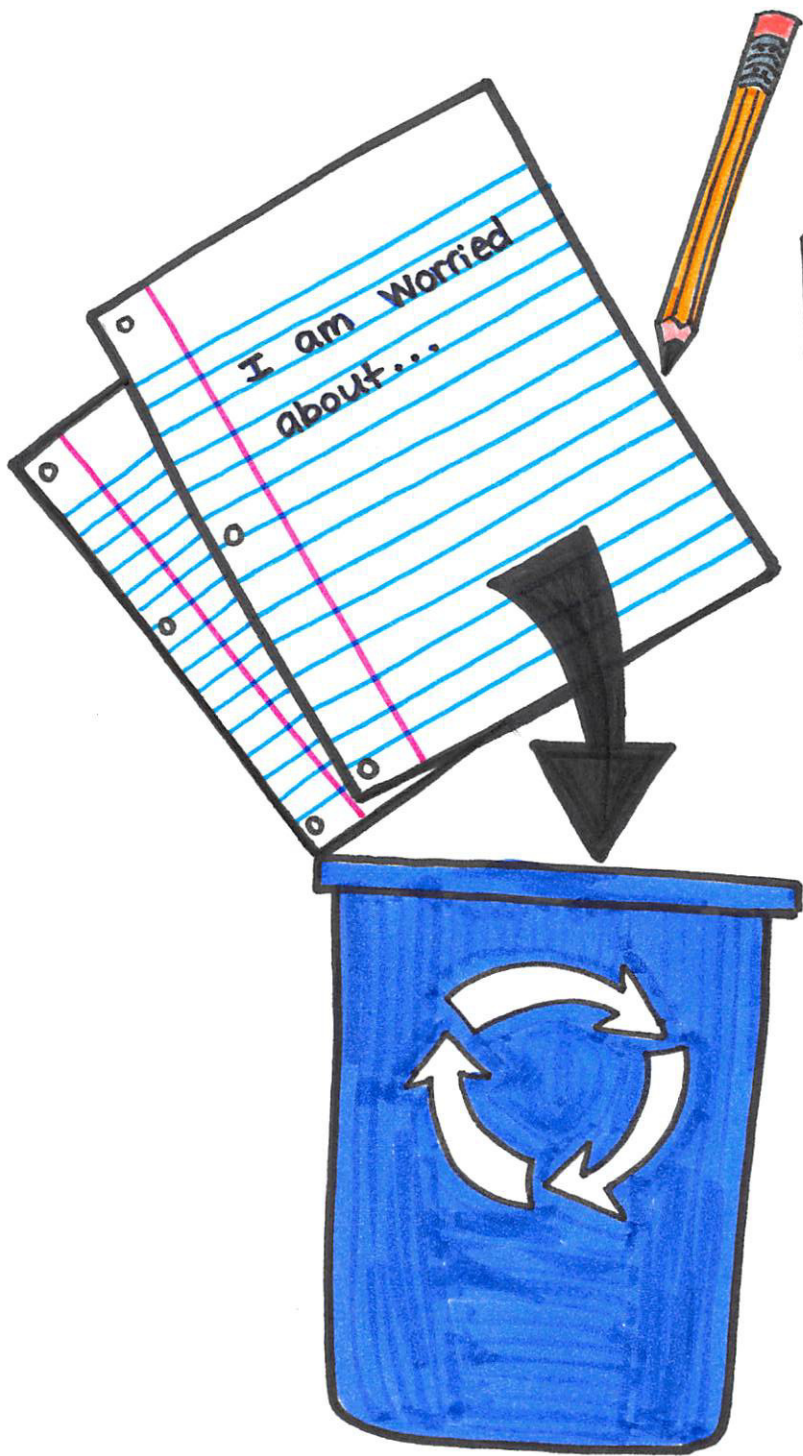
Feelings of worry or anxiety happen to everyone - it is completely normal to have these feelings. They can be uncomfortable, though, so it's important to have some Coping Skills to deal with them...

Hint: Keep reading!!



When your worries
Cause anxious
thoughts, think
about something
that makes you
feel happy instead.
Push those worry
thoughts right out!





If you have a hard time getting rid of your worries, write them down on a piece of paper, throw it away, and let them go!

It can also be helpful to imagine your worry as a little monster and pretend to step on it → Squash your worry monster!!

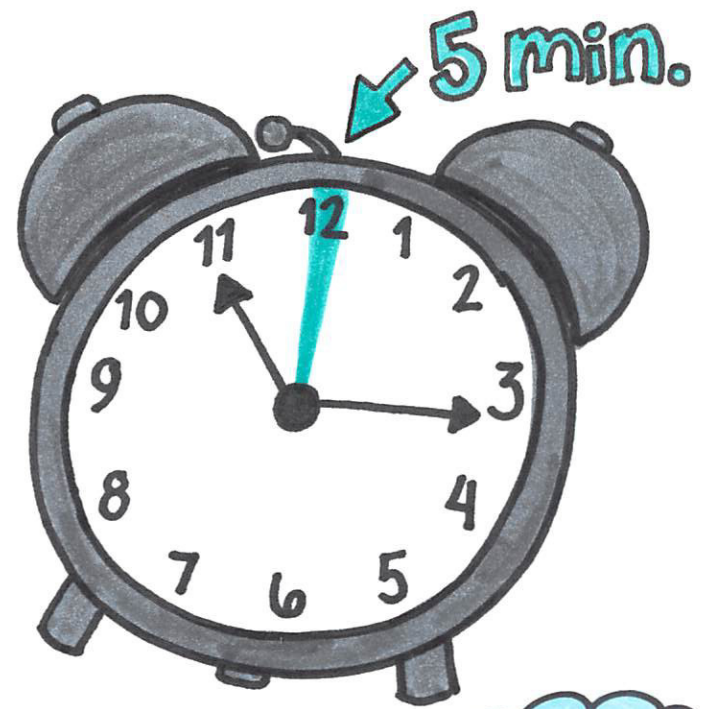
Good-Bye
Worry
Monster!



Sometimes it can feel like worries take up your entire day! Try putting a time limit on worrying.

Give yourself 5 minutes per day to ponder your worries and then move on!

This keeps you from getting stuck in your worries!

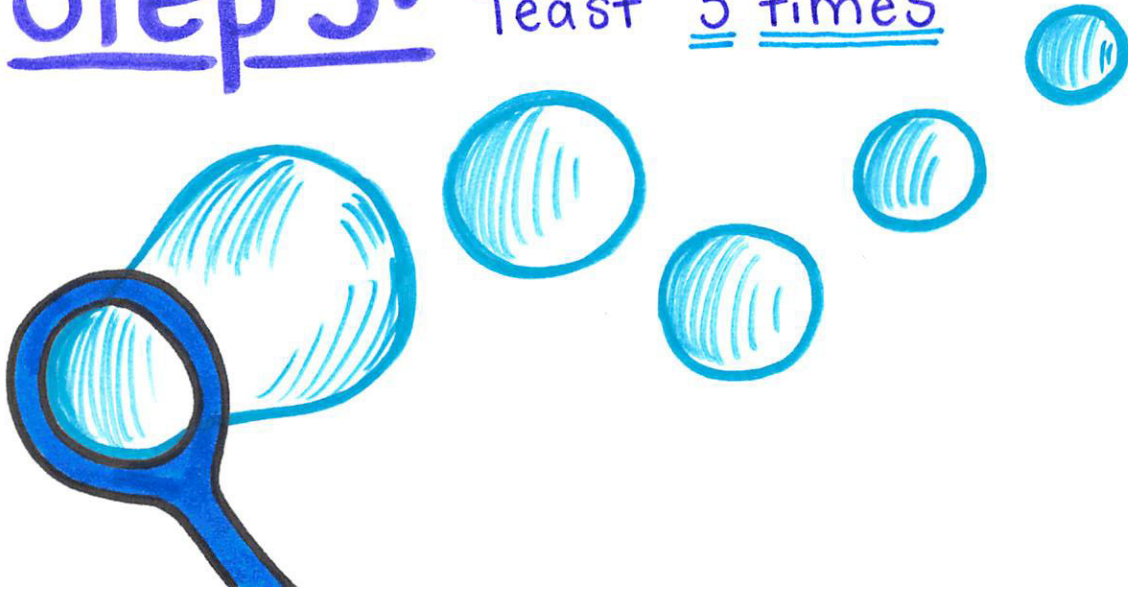
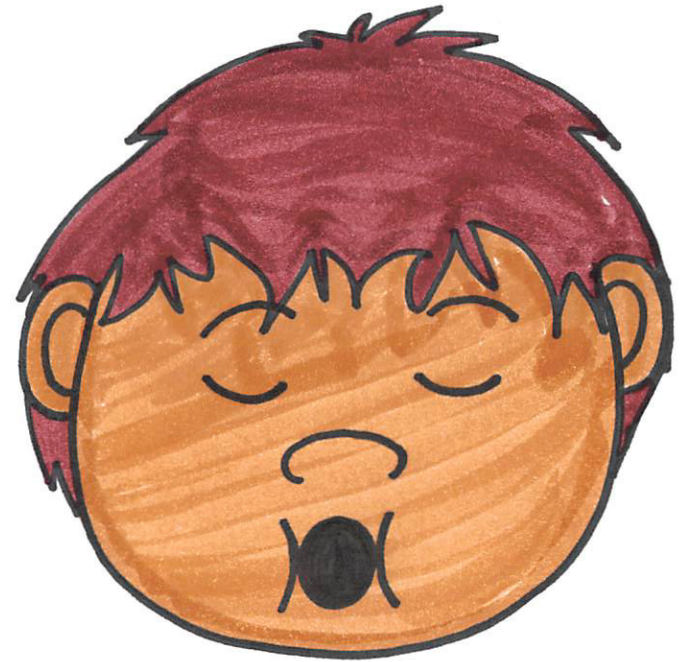


Deep breathing is a great way to calm a worried mind and body...

Step 1: Breathe in SLOWLY through your nose

Step 2: Breathe out SLOWLY through your mouth
(★ it can help if you pretend you're blowing bubbles!)

Step 3: Repeat steps 1 and 2 at least 3 times



Exercising is another great way to calm a worried mind and body...

- Jumping jacks
- sit-ups/crunches
- Run/Jog/skip/walk
- Ride a bicycle
- Hopscotch
- Jump rope
- Make an obstacle course
- Hop on one foot
- Dance - have a dance "party"
- Gallop
- Crab walk
- Walk like different animals (bear, gorilla, etc.)

Just Move!



If you feel that you feel your senses body:

so anxious panicked, use to Calm your

Notice and Focus on:

- 5 things you can See
(ex: sky, windows, flowers, etc.)
- 5 things you can hear
(ex: birds chirping, fan, etc.)
- 5 things you can smell
(ex: flowers, candle, dinner, etc.)
- 5 things you can touch
(ex: pets, pillows, carpet, etc.)

This helps your brain and body focus on what is calm and real instead of focusing on anxiety



Some people find it very helpful to write or draw about feelings → here are some prompts you can use if you are one of those people:

- Write/draw about what makes you worry
- Write/draw about your "Worry monster"
- Write/draw about what helps you feel calm
- Write/draw about how to distract yourself from worries



Another way to Calm an
anxious body and mind
is to listen to Calm and
Soothing music. (Classical or smooth jazz,
not heavy metal)



Remember: thoughts are to
worryes what water is to plants →
thinking about worryes is like
watering a plant - it makes them
grow.

Try not to think
of your worryes →
distract your mind →
don't "water" your
"worry plant."



Also remember:

Worry/Anxiety are just feelings and they will pass → all feelings pass, always.



I may be feeling anxious, but it will pass...

Lastly, remember, you
are brave and you are
Strong - you can
Cope with anxiety!!

I can
Cope!!

