

Turton's Be Kind To My  
Mind Champions

# *Anxiety*

# Welcome

Hello and welcome to the Anxiety booklet created by Turton's Be Kind To My Mind Champions. We are a group in school who are passionate about supporting and promoting positive mental health for students. We have created some resources with pupils in mind and hope you find them helpful!



The BK TMM Team

For further support & information  
please go to [www.bekindtomymind.co.uk](http://www.bekindtomymind.co.uk)



# WHAT IS ANXIETY?

The brain has evolved to try to keep us safe by causing us to experience a sense of anxiety in situations it judges to be threatening. When we are very anxious, the ‘rational’ part of our brain (called the pre-frontal cortex) is temporarily overridden by a more primitive, instinctual part of the brain called the ‘amygdala’, often prompting what can be described as a ‘fight, flight or freeze’ response: this makes us feel more alert, stops us thinking about other things, and even causes the range of physical effects in the picture, all designed to get us out of the stressful situation as quickly as possible.

easily irritated

a loss of appetite

easily fatigued

your heart  
beats faster

like  
hiding away



# ANXIETY

**CAN MAKE YOU FEEL...**

unable  
to sleep

lightheaded  
& dizzy

butterflies  
in your tummy



# WHEN IS ANXIETY A PROBLEM?

It's completely normal to experience feelings of anxiety, nerves and excitement, in fact these feelings help to keep us safe and push us forward. Sometimes our anxious feeling take over and become a problem.



**Having  
problems  
sleeping**



**Isolating  
from  
friends**



**Avoiding  
things you'd  
usually  
enjoy**



**Struggling  
to  
concentrate**



**Often  
feeling  
upset**



**Feeling  
panicked**

# Things That Can

# Help

Everyone manages their anxiety differently but here are some ideas.

We've included work sheets on the following pages to help.

**Mindfulness**

**Breathing techniques**

**Self-care**

**Grounding techniques**

**Talking to trusted people**

**DRAW TO TEN**



**TO CALM  
YOURSELF DOWN**

1

2

3

4

5

6

7

8

9

10

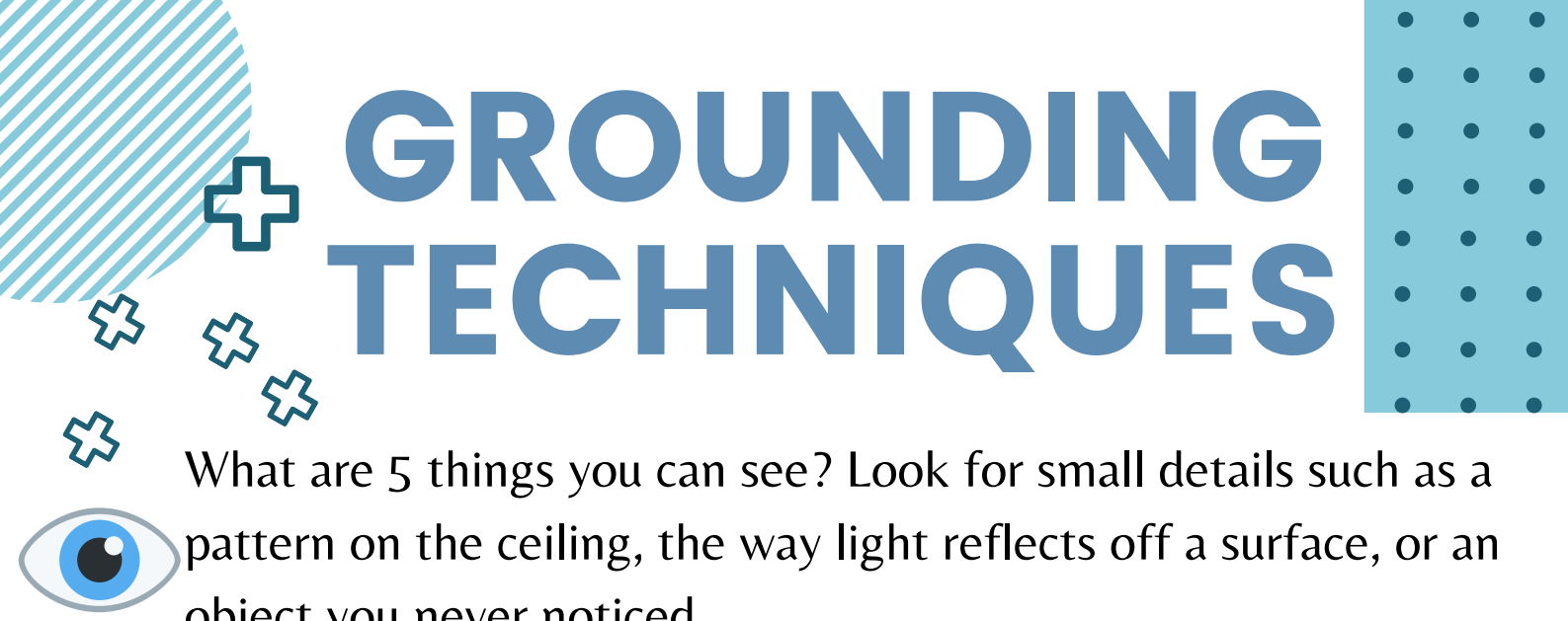
# Growth Mindset Worksheet

NO.	Describe fixed mindset in action	What did you tell yourself (Reflection)	Why did you feel this way (Realisation)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			







# GROUNDING TECHNIQUES




What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.




What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



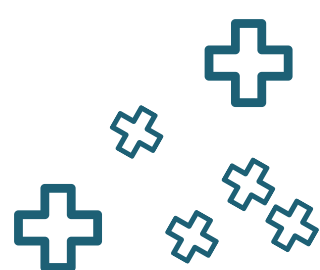
What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



What is 1 thing you can taste? Carry gum, sweets, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors





# GROUNDING TECHNIQUES

## CATEGORIES

Choose at least three of the categories below and name as many items as you can in each one.

Spend a few minutes on each category to come up with as many items as possible.



- Movies
- Countries
- Books
- Cereals
- Sports Teams
- Colours
- Cars
- Fruits & Vegetables
- Animals
- TV Shows
- Famous People

You can spend some time thinking of your own categories



# GROUNDING TECHNIQUES

## MENTAL EXERCISES

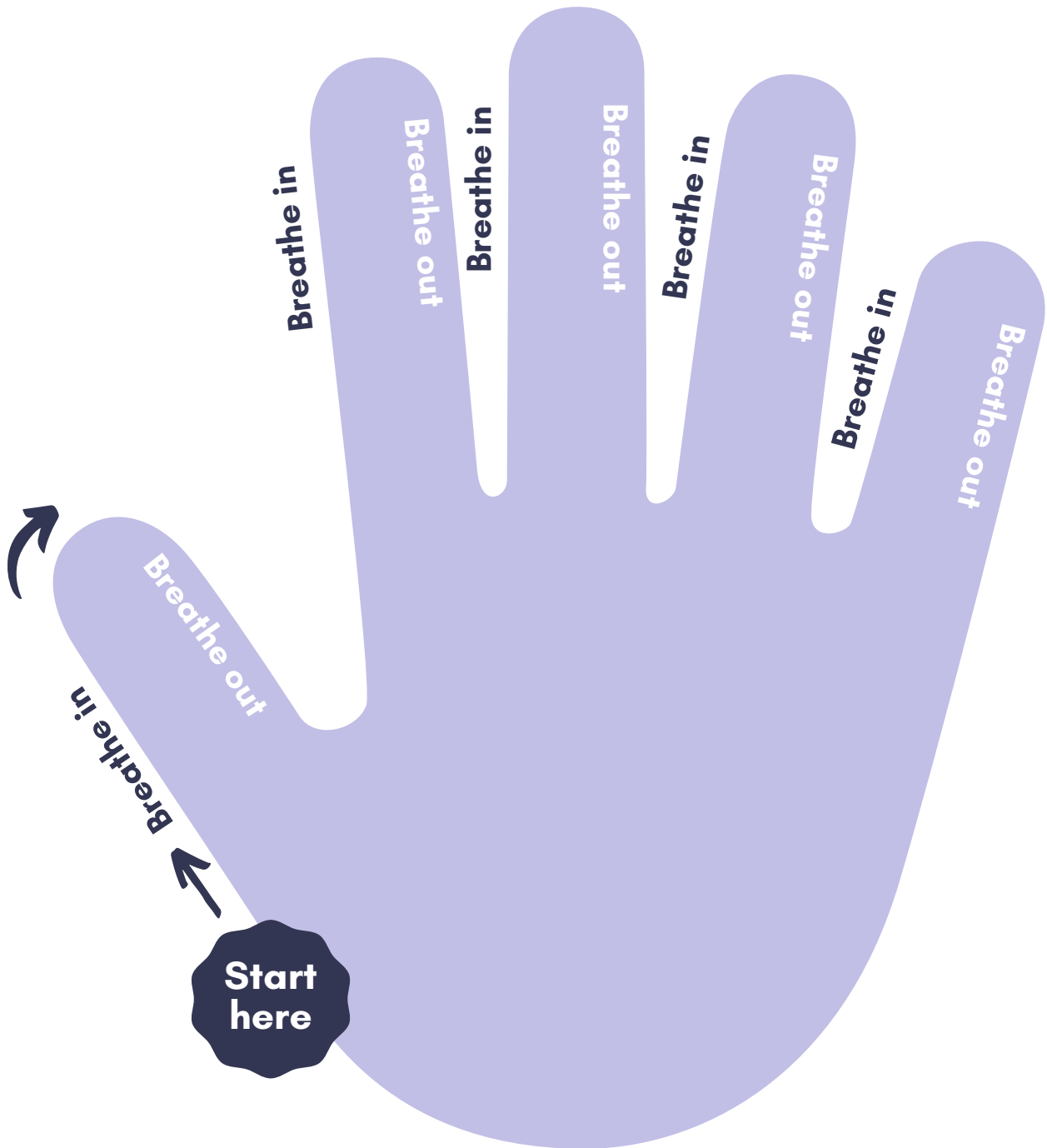
- Name all the objects you see.
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favourite meal, or tie a knot.
- Count backwards from 100 by 7.
- Pick up an object and describe it in detail. Describe its colour, texture, size, weight, scent, and any other qualities you notice.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favourite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and “draw” it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.

CALM YOURSELF WITH A  
**STAR BREATHING**  
**BRAIN BREAK**



Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.

CALM YOURSELF WITH A  
**5 FINGER BREATHING**  
BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

# Self-care Plan



## GOALS FOR MY MIND

- ▶ .....
- ▶ .....
- ▶ .....
- ▶ .....

## POSITIVE THOUGHTS

- ▶ .....
- ▶ .....
- ▶ .....
- ▶ .....

## GOOD RULES & HABITS I WANT TO LIVE BY

## ● STRESS RELIEVERS

## ● PEOPLE I CAN SPEAK TO

# *SMART* GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	





WRITE A LETTER OF  
**APPRECIATION**  
TO YOURSELF

GOOD  
JOB!!

well  
done!

Dear

D I A R Y

Date : .....

Today's Mood



I FEEL SO .....

# Mood Tracker

DAY	EMOTION	WHAT HAPPENED?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
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# Helpful Apps



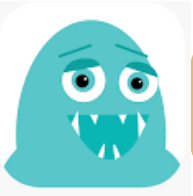
Worry Tree



Catch It



Mindshift CBT



Rootd



SmilingMind



WhatsUp