

YOUR TEEN ANXIETY WORKBOOK



TATF
THEY ARE THE FUTURE

This collection of worksheets will help you to understand anxiety and begin to overcome it.





Worksheet 1

WHAT ARE YOUR ANXIETY TRIGGERS?

The first step in overcoming anxiety is understanding your anxiety. So let's think about your triggers. Perhaps it's social occasions where you have to meet new people? Or perhaps it's when you face unexpected changes. Spend a few days observing your anxiety and making some notes using the blank page, then note your triggers below.

1

2

3

My Anxiety Triggers: Observations and Notes



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Worksheet 2

BODY STRATEGIES FOR MANAGING ANXIETY



When your body is in a state of anxiety, there are many things you can do to physically calm your nervous system.

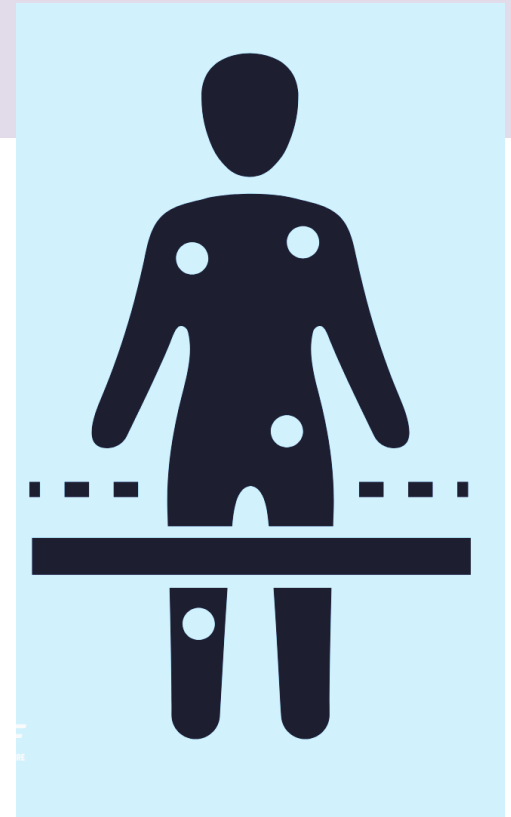
The following activities will tell your nervous system "I'm safe" so that your brain and body can go back to a resting state rather than an alert state.

Each exercise will take a little practise to master. Try them all or choose the one that appeals to you the most!

BODY SCAN

1. Find a quiet and comfortable place to sit or lie down where you won't be disturbed.
2. Start by closing your eyes and taking a few deep breaths to help you relax and focus.
3. Bring your attention to the soles of your feet, and consciously release any tension or discomfort you may be feeling there.
4. Slowly move your awareness up your body, focusing on each body part in turn. Pay attention to any areas of tension or discomfort, and consciously release them.
5. As you move up your body, continue to take deep breaths and stay focused on your breath and your body.
6. When you reach the top of your head, take a moment to scan your entire body again, checking for any remaining areas of tension.
7. Finally, take a few more deep breaths, and when you are ready, slowly open your eyes.

Repeat this exercises as often as you can, especially when you're feeling anxious or stressed.

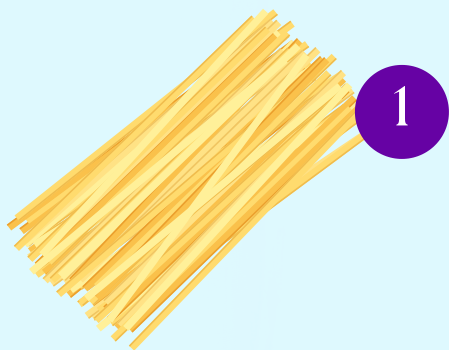


Progressive Muscle Relaxation

THE SPAGHETTI EXERCISE



Here's a 3-step guide to using the spaghetti exercise to relax your muscles.



1

Visualize raw spaghetti: Start by visualizing your muscles as raw spaghetti, stiff and tense.



2

Cook the spaghetti: Imagine that your muscles are being slowly cooked, just like spaghetti in boiling water. As the spaghetti softens and becomes more relaxed, visualize your muscles doing the same.



3

Release the tension: As the spaghetti is fully cooked and soft, imagine that your muscles are now relaxed and free of tension. Allow your muscles to sink into a state of deep relaxation, just like cooked spaghetti.

Deep Breathing

FINGER BREATHING

Here are your instructions:

- **Hold one hand up. With a finger from the other hand, work your way slowly up from the outside of your hand to the tip of your thumb while you breathe slowly in through your nose, right into your belly.**
- **Move your finger down into the crease between thumb and forefinger as you breathe out slowly through your nose.**
- **Continue to the end of your hand, and then work your way back across.**
- **Swap hands.**



Finger breathing is a way of learning how to slow our breathing down. Deep breathing calms the nervous system and helps us feel more relaxed.

Worksheet 3

COGNITIVE RESTRUCTURING

Cognitive means thinking. Cognitive restructuring is learning to adapt your thoughts.

The idea behind cognitive restructuring is to identify and challenge irrational or unhelpful thoughts and replace them with more positive and constructive ones. This can help reduce anxiety and improve overall well-being.

With practice can learn to effectively manage anxiety through cognitive restructuring and gain greater control over your thoughts and emotions.

Write down the worry or unhelpful thought.

In the next column, write down the evidence that this thought could be true or could come true.

In the third column, write down the evidence that this thought might not be true or might not come true.

In the fourth column, write down a new or adapted thought which is more accurate and helpful than the original thought.



Thought Challenging

What is the worry or unhelpful thought?	What is the evidence that it might be true/come true?	What is the evidence that it might <u>not</u> be true/come true?	How can you adjust the thought so it is more helpful and accurate?



Worksheet 4

DISENGAGING FROM ANXIOUS THOUGHTS: THOUGHT BUSES

1

Thought buses is a strategy that teaches us thoughts are not facts. They are just mental events that pop up. they are often just our brain trying to think of the worst thing that can happen, to protect us.

2

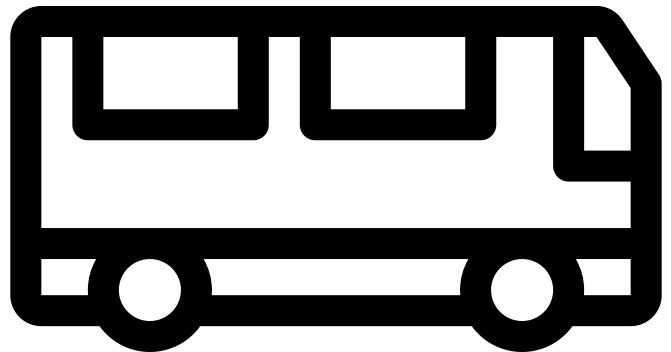
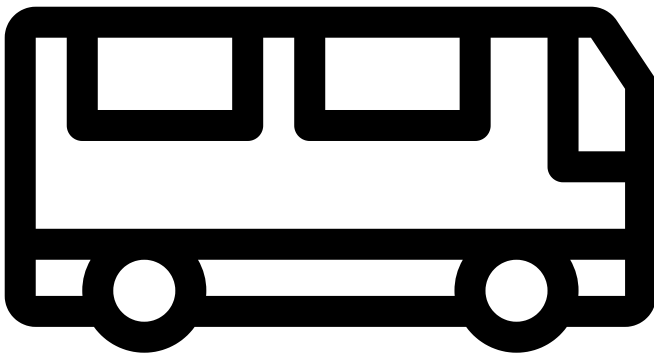
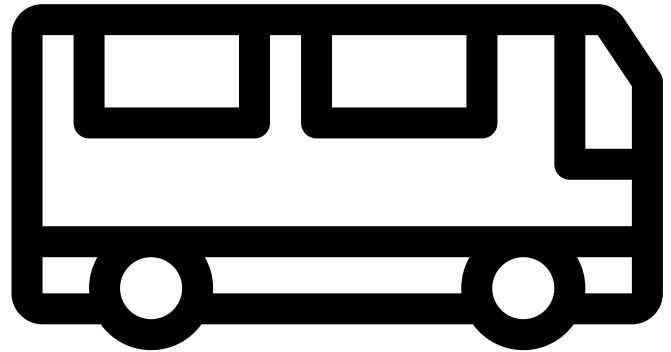
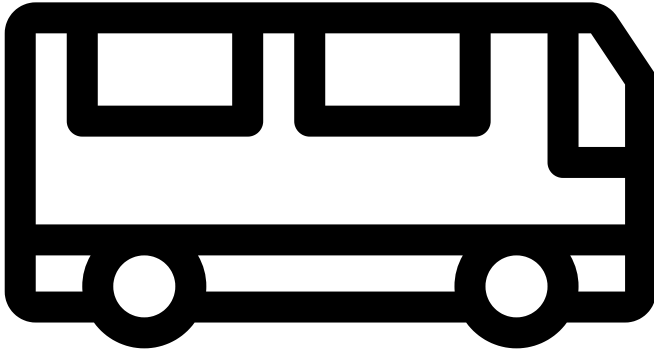
We can draw out our thoughts and feelings as buses. We are waiting at the bus stop. We can choose which bus to get on. We can let a bus go if we don't want to go on a particular journey.

3

If we practise this regularly, we will be able to spot the buses in our heads without drawing them. For now though, start by drawing out your current buses. Which bus might lead you in a direction you don't want to go? Which bus will you get on instead?

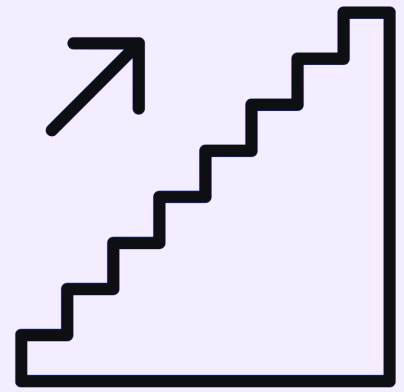
My Thought Buses

Write one of your thoughts on the side of each bus. Now consider each bus in turn. Is this a bus you want to get on?



Worksheet 5

GRADED EXPOSURE



Graded exposure is the perfect technique if you have stopped doing something because of anxiety, or if you are avoiding doing something through fear. It could be that you are avoiding a specific situation. For example, avoiding parks because of a fear of dogs.

This technique involves gradually facing what you fear. You go at your pace and you stay in control. You start with the least frightening situation and work up to the most frightening one as you get more confident.

Your brain will gradually realise that the "scary thing" or situation is not actually as scary as you originally thought. It becomes "desensitised".

Repeat each step as many times as you can until you can do it with little or no anxiety. At this point you are ready to move on to the next step. You will see an example on the next page.

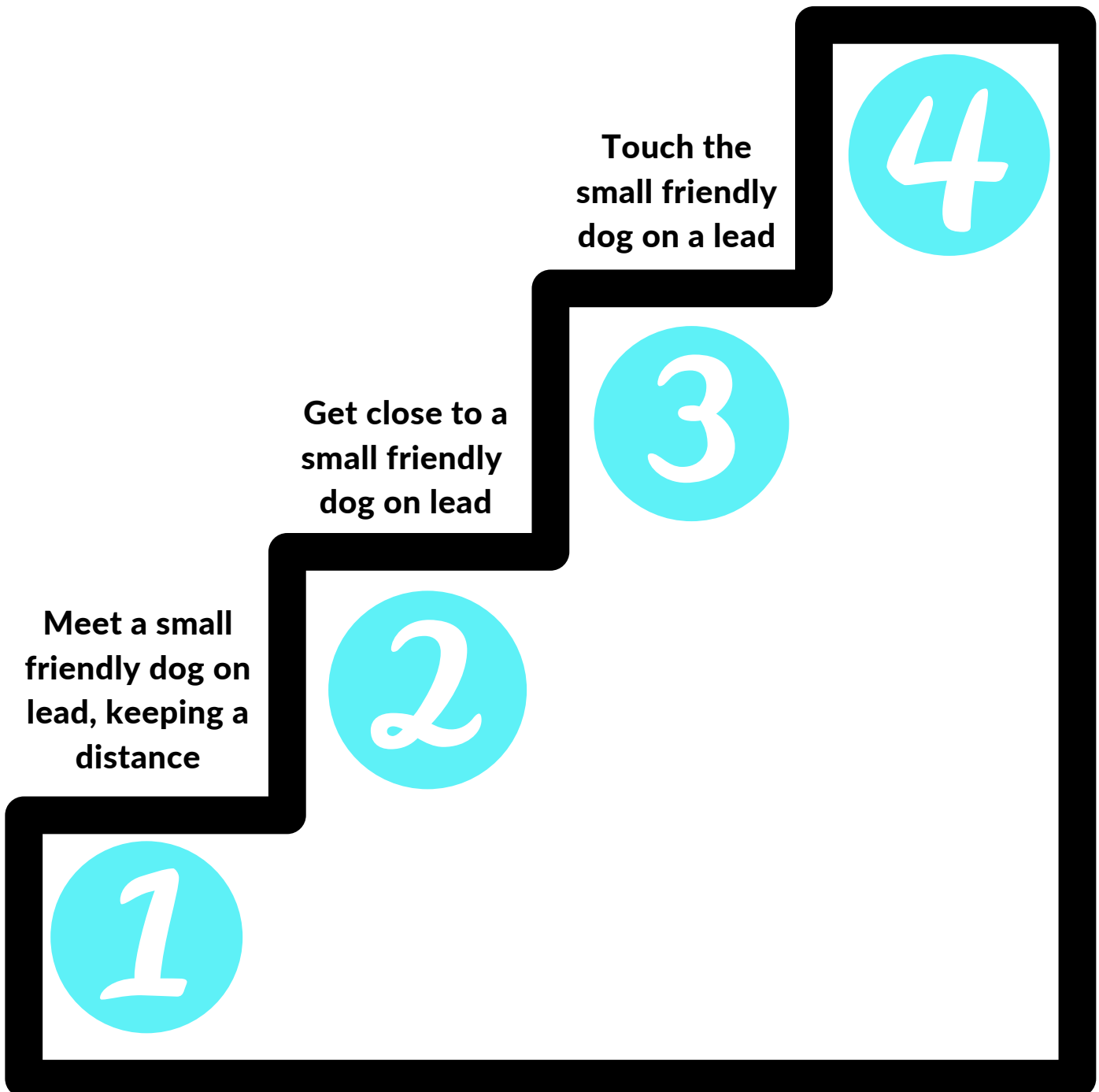
GRADED EXPOSURE EXAMPLE: MOLLY, FEAR OF DOGS

Stroke the small
friendly dog off
its lead

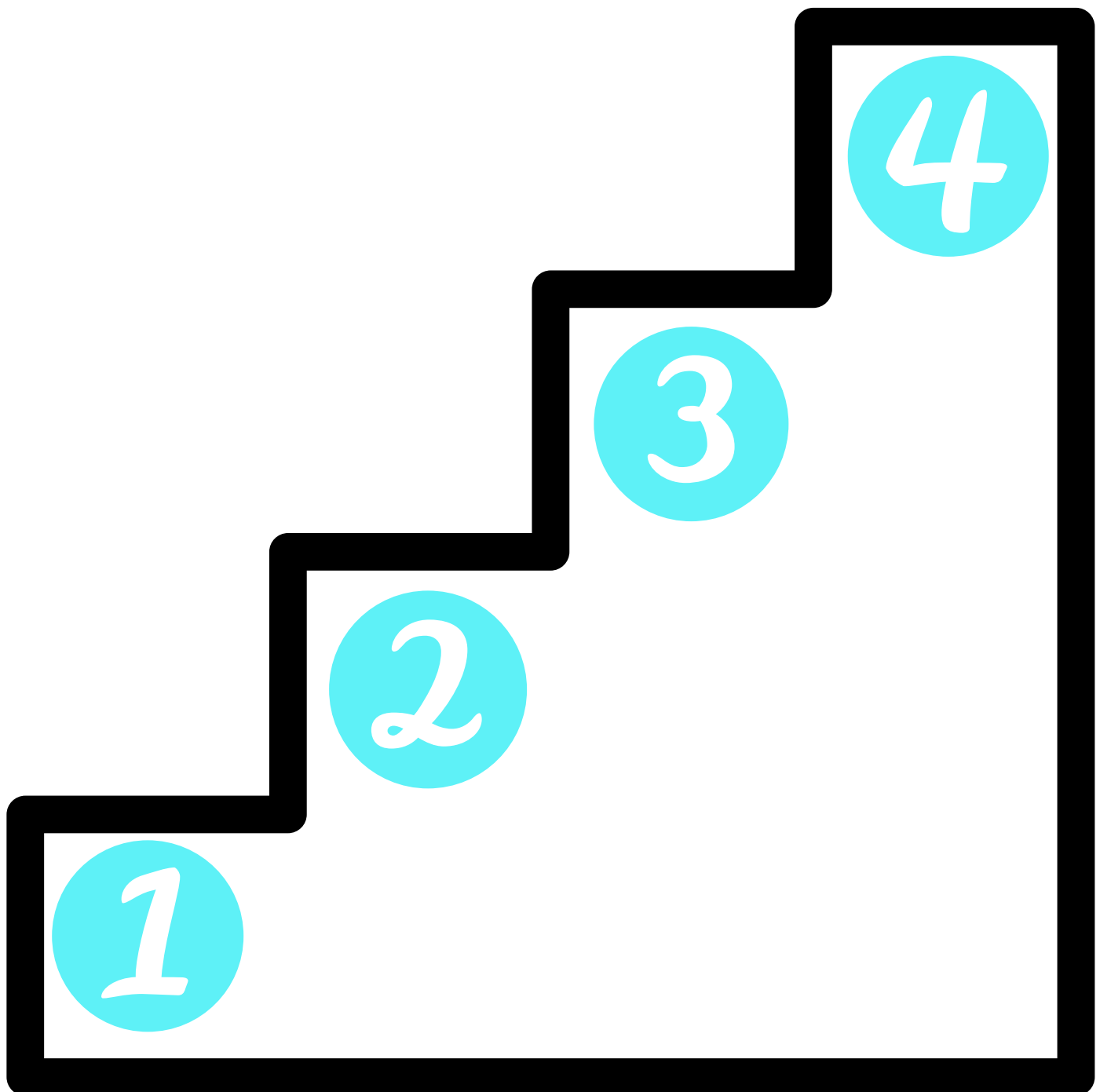
Touch the
small friendly
dog on a lead

Get close to a
small friendly
dog on lead

Meet a small
friendly dog on
lead, keeping a
distance



GRADED EXPOSURE: YOUR TURN!



General Notes



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