

LOCKDOWN WIZARD



Coping with Anxiety

An undiscussed monster

**CCI
Special**

*The attention & environment you
provide shapes your child's brain
development for life*

**# 10
ENGAGE**
Series

With the notion of survival of the fittest in our mind. We keep on pushing our children to do better and better in their life without knowing that at the end our children are “children”.

In the race of being best, children are getting stressed out hence leading to anxiety and panic.

Being anxious or having anxiety is not a pleasant feeling. Hence it's time we become friends with our children and help them overcome their anxieties to become a healthy human with a healthy mind.

DB YaR Forum recommends you the following ways to help your child deal with anxiety in his/her life.

Note: - The following are basic tools. For severity of the issues don't hesitate to consult an expert.

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WHAT IS...ANXIETY?

Anxiety is when something causes us to feel nervous and afraid. People who have an Anxiety disorder have a more intense reaction. It can start to impact their grades, behaviors, and relationships with others.



ANXIETY CAN BE CAUSED BY A NUMBER OF THINGS. SOME PEOPLE EXPERIENCE IT FOR NO REASON. OTHERS ARE TRIGGERED BY TESTS, BEING ON STAGE, OR BEING AROUND OTHER PEOPLE. SUFFERING FROM ANXIETY CAN MAKE YOU WANT TO AVOID CERTAIN SITUATIONS AND PLACES.

SYMPTOMS

- Worrying a lot
- Feeling very nervous and afraid
- Trouble breathing
- Numbness or tingling in your hands or feet
- Feeling dizzy
- Feeling very weak
- Sweating
- Headache or stomach ache
- Heart beating really fast
- Muscles feel really tight
- Having a lot of thoughts going through your head

TREATING ANXIETY

MENTAL HEALTH THERAPY

A therapist can help someone suffering from anxiety learn how to better cope with their symptoms so that they are not as intense. It can also be helpful to talk about the triggers to see why they cause anxiety for that person.

MEDICATION

Medication won't cure anxiety, but it can help to decrease the symptoms.

SELF-HELP

Someone suffering from anxiety can help lessen some of their symptoms by doing certain things on their own. Doing relaxation, eating healthy, and getting sleep are helpful ways to decrease anxiety.

IF YOU FEEL LIKE YOUR ANXIETY IS MORE THAN IT SHOULD BE, OR IF IT STARTS AFFECTING CERTAIN AREAS OF YOUR LIFE, TALK TO A PARENT OR A TRUSTED ADULT!



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IS MY ANXIETY A PROBLEM?



Use this worksheet to determine if your anxiety is becoming a problem for you. Place a check next to each statement that is true for you.

- ☐ I've been told by others that I worry way too much
- ☐ I spend a lot of time thinking about things that may never happen or that I can't control
- ☐ I have a hard time controlling or changing my thoughts
- ☐ It's hard for me to fall asleep most of the time because my mind is always racing
- ☐ I've talked myself out of doing something I really wanted to do because of my anxiety
- ☐ My anxiety is affecting my relationships with my friends and family members
- ☐ I've avoided going to certain places or doing certain things because of my anxiety
- ☐ When I get really anxious, I sweat, shake, can't breathe, and my heart races
- ☐ Small things seem like a really big deal to me sometimes
- ☐ When I get really anxious, I feel like I'm losing my mind and going crazy
- ☐ I worry about the same things over and over again
- ☐ I have a hard time concentrating sometimes because of my anxiety
- ☐ After worrying all day, I often feel very tired
- ☐ I worry a lot about what other people might be thinking or saying about me
- ☐ I get really anxious when things don't go the way I planned or things aren't in order
- ☐ I always feel like I'm "on edge" or that something is about to happen
- ☐ If I have an upcoming event, I worry about it for days or weeks ahead of time
- ☐ Anxiety triggers that have happened in the past still make me very anxious to this day
- ☐ When I'm anxious, my behavior changes i.e. I become more irritable and snap at people



ANXIETY TRIGGERS



An anxiety trigger is something that happens to make you feel anxious or nervous. Go through this list and, on a scale of 1-10, identify how anxious each of the triggers makes you feel.

0	1	2	3	4	5	6	7	8	9	10
CALM										EXTREMELY ANXIOUS!

- | | |
|---------------------------------------------------|----------------------------------------------------|
| _____ Conflict or drama in relationships | _____ Not feeling prepared |
| _____ Being in a large crowd of people | _____ Being in tight spaces, like an elevator |
| _____ Meeting new people | _____ Being in wide open spaces |
| _____ Going to a new place for the first time | _____ Being around certain people |
| _____ Having to confront someone | _____ Interacting with someone I have a crush on |
| _____ Interacting on social media | _____ Not knowing what is going to happen |
| _____ Having too much to do | _____ Not having enough money |
| _____ Giving a presentation in front of the class | _____ Not knowing what career I want to have |
| _____ Working as part of a group | _____ School violence |
| _____ Pressure to act or behave a certain way | _____ Family stress (divorce, finances, etc.) |
| _____ Performing in front of other people | _____ A sick friend or family member |
| _____ Things not going the way I planned | _____ Rumors about me spreading around school |
| _____ Having to change up my routine | _____ My job, boss, or co-workers |
| _____ Grades or stress from schoolwork | _____ Other people's expectations of me |
| _____ Having too much time by myself | _____ Thinking about college |
| _____ Being away from my phone for too long | _____ Having to be the one to make decisions |
| _____ Friends not texting me back | _____ Making new friends |
| _____ Loud noises or raised voices | _____ Changes in my body or my weight |
| _____ Other people being disappointed in me | _____ Interacting with a certain family member |
| _____ Watching the news | _____ Feeling left out by my peer group |
| _____ Having conversations with peers or adults | _____ Becoming an adult with more responsibilities |

WHAT ARE SOME OTHER THINGS THAT MAKE YOU FEEL ANXIOUS?



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Anxiety can be also caused due to negative thinking patterns.

Negative Thinking Patterns

ALL-OR-NOTHING

Everything has to be perfect or else it's a failure!

CATASTROPHIZING

I got a B+ on the test. I'll probably get held back a grade!

NEGATIVE SELF-LABELING

I got that question wrong. I'm so stupid!

MINIMIZING

I scored the game winning goal, but anyone could have done it!

PERSONALIZATION

I'm pretty sure he hates me! I can just tell by how he said my name!

JUMPING TO CONCLUSIONS

No one is looking at me. They must hate my new shirt!



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Anxiety Breakdown

WHAT IS TRIGGERING MY ANXIETY?

WHAT ARE SOME OF THE THOUGHTS THAT I AM HAVING?



HOW IS MY BODY RESPONDING?

WHAT IS THE WORST THING THAT CAN HAPPEN?

WHAT DO I HAVE IN MY CONTROL TO KEEP THIS FROM HAPPENING?

WHAT CAN I DO TO CALM MY BODY DOWN?

WHAT ARE POSITIVE THOUGHTS TO HELP CALM MY MIND?



Help ME Calm Down!

Use this worksheet to share helpful things that a person can do to help you calm down when you're feeling nervous, scared, or anxious. Check "yes" if it describes something that would be helpful and "no" if it is something that wouldn't be helpful when you're anxious. Check "sometimes" if you think that it might work, depending on the situation.

		YES	NO	SOMETIMES
1	Listen without talking			
2	Tell me that everything will be OK			
3	Help me find ways to relax			
4	Try to make me laugh or smile			
5	Try to distract me			
6	Help me control my breathing			
7	Talk to me calmly			
8	Help me change my thoughts			
9	Stay close to me			
10	Give me ideas of coping skills to use			
11	Give me time and space			
12	Tell me how you would cope with it			
13	Say positive things about me			
14	Hold me or put your arm around me			
15	Help me solve my problem			

What are other helpful things someone can do when you are feeling anxious?

- _____
- _____
- _____

The BIG COPING SKILLS LIST

- | | | |
|------------------------------|-------------------------------|--------------------------------------|
| Use positive self-talk | Eat a healthy meal | Host a dinner party |
| Do deep breathing | Watch your favorite TV show | Do your homework |
| Watch your favorite movie | Do a word search | Think of your strengths |
| Take a shower | Write a short story | Talk in a funny voice |
| Go for a walk | Play your favorite sport | Volunteer your time |
| Talk to a counselor | Take a nap if you need it | Have a picnic |
| Laugh | Do a crossword puzzle | Rearrange your room |
| Paint or draw | Play a game outside | Call a relative |
| Exercise | Cook or bake with a parent | Meet someone new |
| Play with your pet | Ask for a hug | Create an action plan |
| Go for a jog | Set a goal | Draw a comic |
| Talk to a friend | Think of your favorite memory | Talk to your pet |
| Play a video game | Dance | Read a positive quote |
| Hang out with friends | Go for a bike ride | Write your feelings in a journal |
| Listen to your favorite song | Go to the park | Pick out an outfit for tomorrow |
| Take a time out | Stretch or do yoga | Try to make your sibling laugh |
| Think of something funny | Clean your room | Try to make your parents laugh |
| Play with your favorite toy | Do something kind | Walk the dog |
| Use an I-Feel message | Smile until you feel better | Create jewelry |
| Count to 10 | Think of the consequences | Write your own song |
| Spend time with family | Learn a new skill | Play a board or card game |
| Go for a hike | Listen to calming music | Play on your phone |
| Flip through a magazine | | Answer a "Would You Rather" question |
| Visit somewhere new | | Sing |
| Face your problem | | Read this whole list! |



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1. Anxiety Management for kids



2. Exam Anxiety



3. Separation Anxiety



4. Maths Anxiety



TO SEARCH ON THE WEB

1. What is anxiety?
2. How to overcome anxiety?
3. How normal anxiety is different from a disorder?
4. Coping skills for anxiety?
5. How to help child overcome anxiety?

Let's hand hold our children to become the best version of themselves!!



Everything and everyone is
won by the sweetness of
our words and works

- Don Bosco

Don Bosco National Forum for the Young at Risk



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