

*Thinking differently for a brighter  
tomorrow...*

# Worry Busting

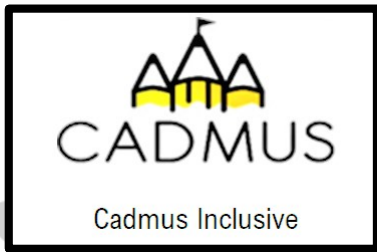
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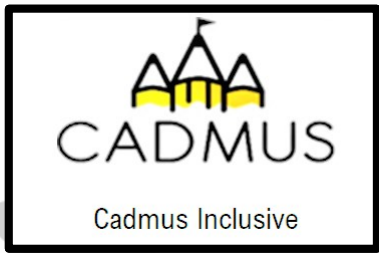


# How are you?

Worry is like a rocking chair:  
it gives you something to do  
but never gets you  
anywhere.

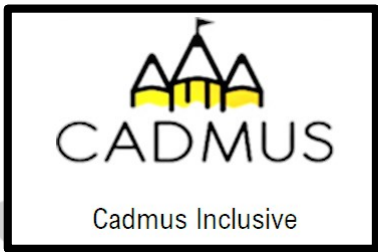
*~Erma Bombeck*

EmilysQuotes.Com



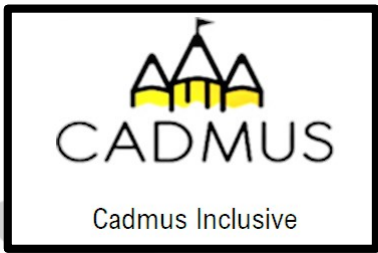
# Today we will

- Explore what a worry is.
- Share strategies to support children to manage their worries.
- Consider how we create the right environment to move from surviving to thriving.



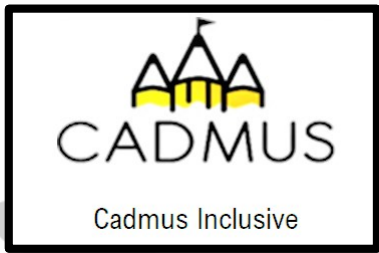
# Worry 'Thunks'

|                               |  |  |
|-------------------------------|--|--|
| Is feeling worried a choice?  | Can worrying be a positive thing?          | Are worries facts?                     |
| Does worrying solve anything? | Can worries grow?                          | Do you feel better after a good worry? |
| Can you control your worries? | Are worries worse in the day or the night? | What actually is a worry?              |



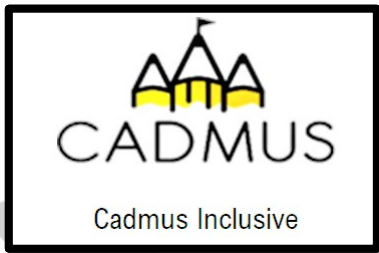
# What's the Difference?

| <u>Stress</u>                          | <u>Anxiety</u>   |
|--|--|
| A short term body response to a worry. | Anxiety occurs when an anticipated event is expected to make demands for which a person is unprepared...Not only is the anxious person not able to simply dismiss the anxiety-producing possibility, they become obsessed with it. |
| <b>Worry?</b>                          |  |



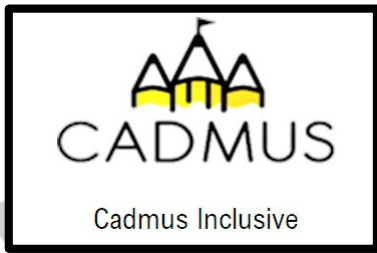
# Worry

To worry is to think about problems or unpleasant things that might happen in a way that makes you feel unhappy and perhaps frightened.



# Facts?

- Worries are about perceptions not facts.
- Guesses, stories, memories, ideas and theories.
- Often linked to a possible situation.



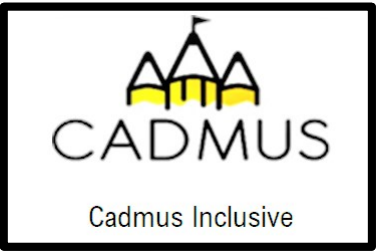
# Managing Worries



“Calm down and don’t worry!”

- Everything must be taught when:**
- Good day;
  - Calm;
  - Happy;
  - Ready.
- It then must be rehearsed:**
- Good day;
  - Calm;
  - Happy;
  - Ready to learn!





# Window of Tolerance

Anxiety  
Overwhelmed  
Aggression



Impulsive  
Flight  
Chaotic

Hyper arousal - outward

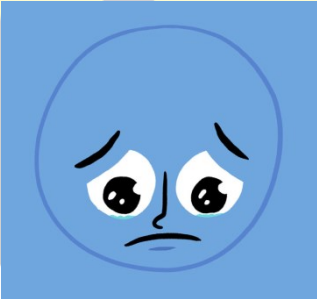


Need to increase.

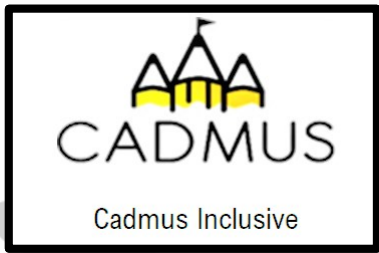


Hypo arousal - inward

Shut down  
Memory loss  
Disassociation



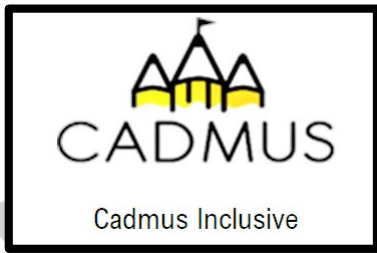
Auto-pilot  
Separation  
Disconnect



# Dealing With It

Be curious!

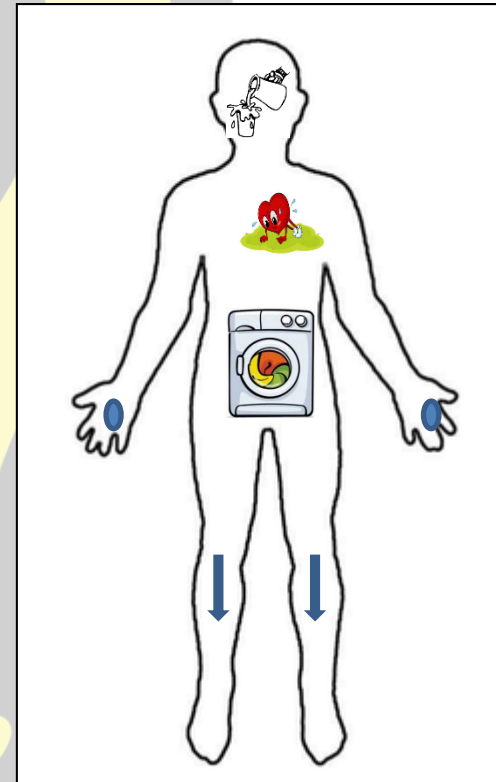
- Why are they anxious about this?
- Their perception.
- Need to contradict the prediction made by the child.
- If we completely avoid is that a positive?
- Scaffold thinking about the thing that causes anxiety.
- Break the cycle.
- Offer facts, authenticity and honesty.



# Name it to Tame it

- Lessens fear and makes sense of the physiology.
- Normalises.
- Explore it honestly.
- Explore the physiology.

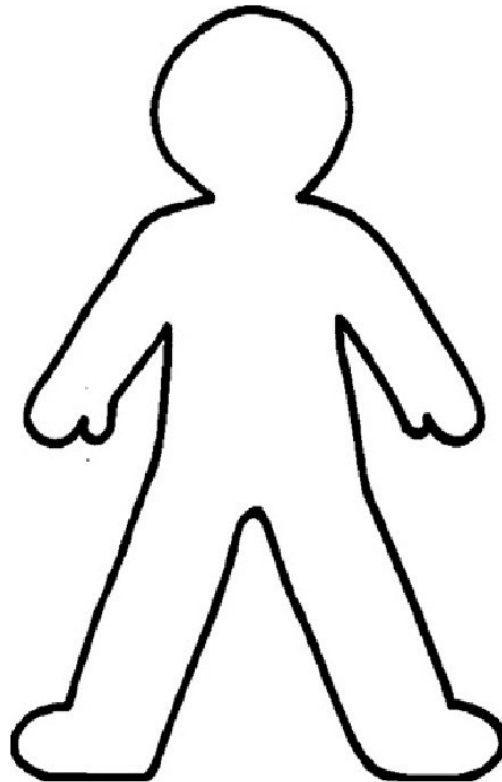
concern, apprehension, worry, unease, angst, dread, disquiet, agitated, consternation, uptight, jittery, fretful, troubled...





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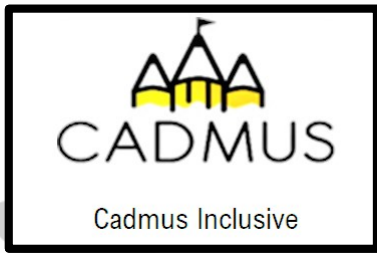
# When I Worry



Looks like

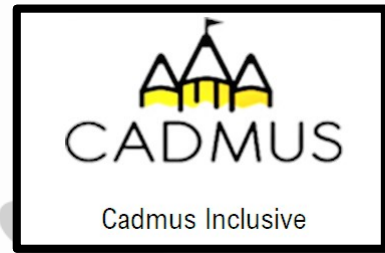
Feels like

Colours, shape,  
images...

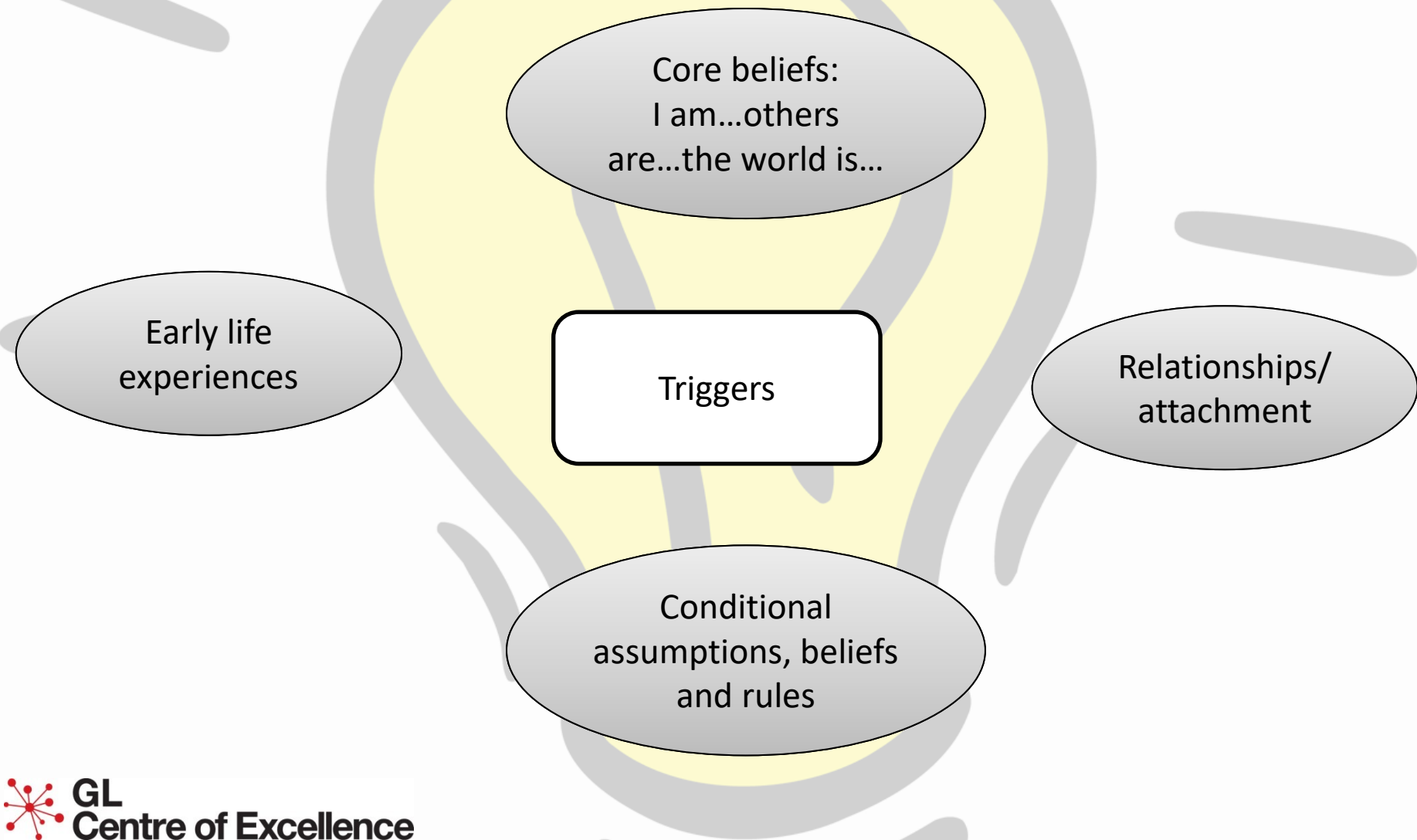


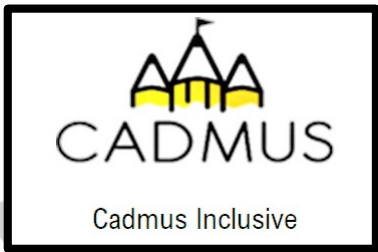
# Problem Solving

- What is the problem? – Define it.
- Brainstorm all of the possible solutions.
- Identify the positive and negative outcomes for all of the solutions available.
- Decide on one and execute it.
- Have a contingency plan – in case.
- Evaluate the outcome.



# Negative Automatic Thoughts (NATs)

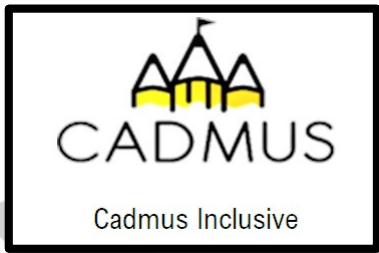




# NAT Bashing

|                        |   |
|------------------------|---|
| <b>Current Thought</b> | What is the thought?<br>How much do I believe it?   |
| <b>Support</b>         | Evidence for this thought?                          |
| <b>Challenge</b>       | Evidence against this thought?                      |
| <b>Others</b>          | What would I say to a friend that had this thought? |
| <b>Revised Thought</b> | What do I think now?                                |

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|



# Safe Space Visualisation

- Rehearse imagining yourself in a time and a place where you felt safe and supported.
- Add as much context possible.
- Draw it, build it, photograph it....
- Rehearse visiting when calm.



# Traffic Light Thinking



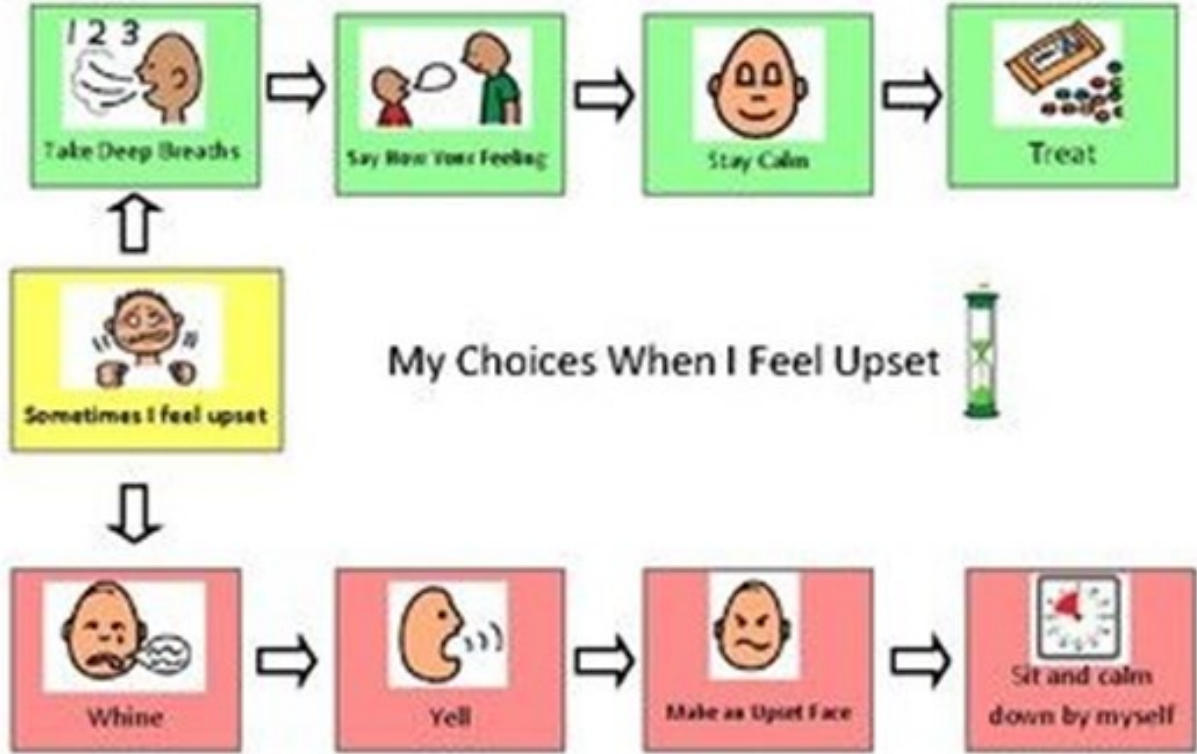
Negative thoughts.

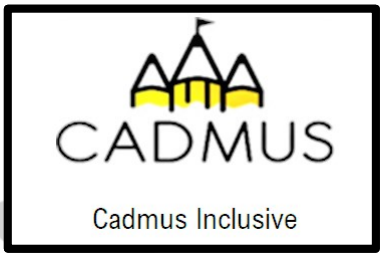
Helpful thought:

- Is it really true?
- Am I exaggerating?
- Is this thought helpful?
- What other explanations are there?
  - Am I catastrophising?
  - Am I blowing this up?

Powerful and sensible thoughts.

# Contingency Mapping








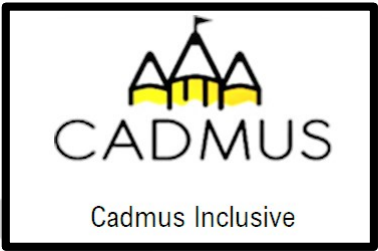
# Happiness Boxes



# Worry Buster













|   |  |
|---|--|
|    | Step One: Take a square piece of paper.  |
|    | Step Two: Fold the corners of the paper into the middle so that all of the points touch. This is the four section side.                            |
|    | Step Three: Turn your paper over and repeat step two. This is the eight section side.  |
|   | Step Four: Turn your paper over and push up the corners so that you can fit your index finger and thumb from both hands in each pocket underneath. |
|  | Step Five: Flatten your creation back down. Decorate the four section side with the numbers one to four.   |


|   |  |
|---|--|
|  | Step Six: Decorate the inside (eight sections) with your favourite shapes.   |
|  | Step Seven: Open up each section and write a distraction activity such as: take three deep breaths, do 5 star jumps, tell a funny joke, find three red things ...  |
|  | Step Eight: Fold your Worry Buster back up. It is now ready to use!  |
| How to use your Worry Buster.   | If you are feeling worried at any point before or during your appointment you can use your Worry Buster to distract you. First of all, move the points backwards and forwards using your index fingers and thumbs for the number you have chosen from the outside. Look inside and choose a shape. Spell out the shape name moving your Worry Buster on each letter. Look inside again and choose another shape. Open up the flap of your chosen shape and perform the activity. |



# Routine = Safety

**Morning Routine**

|  |                                      |  |
|--|--------------------------------------|--|
|   | 6:15 am<br>Wake Up                   |   |
|   | 6:20 am<br>Feed & Water Dog          |   |
|   | 6:25 am<br>Make Bed                  |   |
|   | 6:30 am<br>Brush Teeth/<br>Wash Face |   |
|   | 6:35 am<br>Brush Hair                |   |
|  | 6:40 am<br>Get Dressed               |  |

 I choose

|                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

First → Then → Next

|                          |   |                          |   |                          |
|--------------------------|---|--------------------------|---|--------------------------|
| <input type="checkbox"/> | → | <input type="checkbox"/> | → | <input type="checkbox"/> |
|--------------------------|---|--------------------------|---|--------------------------|



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# Thank you!



thank you



## Keep in touch!

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