



# Inclusion and Improvement Hub

## Managing Anxiety



## Developing our Personal Home Toolkit.

Feeling overwhelm and anxiety can be a debilitating experience and can leave you feeling stuck and powerless. Whether you are an adult or a child, taking time to learn how to spot your anxiety early and develop strategies to manage your worries is a wonderful life gift. You may wish to work as a family so that everyone has their own personal toolkit.

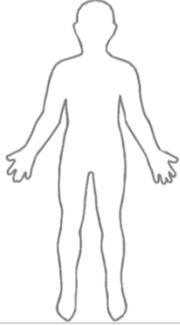
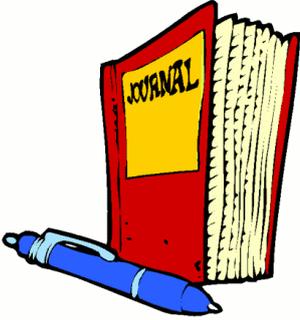
Here are lots of ideas for tools you can try. Remember to choose the ideas that work best for you, personalize them, play with them and gradually build your own toolkit over time.

The youtube links will take you to a series of short videos that explain anxiety and explore the tools in more detail. You can get an introduction to the series here:

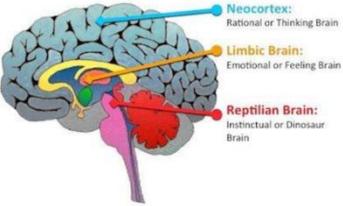
[https://www.youtube.com/watch?v=I-viUM\\_4ssk](https://www.youtube.com/watch?v=I-viUM_4ssk)



**Managing Anxiety Personal Toolkit**

		
<p><b>Compassion and Understanding for ourselves</b></p> <p>Nurturing a capacity to view ourselves without judgement but rather with curiosity and acceptance will help us meet how we really feel. Rather than getting stuck, feelings can then flow and shift. Find ways of loving yourself.</p>	<p><b>Connection to ourselves and others who strengthen us</b></p> <p>Reaching out to others, talking, chatting about experiences, laughing together and sharing vulnerabilities is deeply supportive and as social beings we all need to feel connected and understood. Create a connection circle of special people around you.</p>	<p><b>Body Bottle</b></p> <p>We are all human constantly experiencing thoughts, feelings and sensations. Remembering that emotions such as happiness, anger, sadness and anxiety are all part of being human - this can help us be kind to ourselves.</p> <p><a href="https://www.youtube.com/watch?v=Ckg2A7BFFbU">https://www.youtube.com/watch?v=Ckg2A7BFFbU</a></p>
		
<p><b>Body Map</b></p> <p>Learning how to listen to our own body's sensations and behaviour can help us find a 'way in' to our feelings. From here we can witness and meet our underlying needs.</p> <p><a href="https://www.youtube.com/watch?v=k7rfM-pS_S4">https://www.youtube.com/watch?v=k7rfM-pS_S4</a></p>	<p><b>Being Present in Nature</b></p> <p>Sitting quietly in a natural space – tuning into the sounds and sensations of the natural world helps bring us into the present moment. Here we can often find peace and reassure ourselves -in this moment all is well.</p> <p><a href="https://www.youtube.com/watch?v=mKdfedwkXo">https://www.youtube.com/watch?v=mKdfedwkXo</a></p>	<p><b>Journaling</b></p> <p>Writing down our worries can help stop repetitive thoughts swirling around our head. Later we can reflect on our worries with a different perspective. From here we can decide to take action or let them go.</p> <p><a href="https://www.youtube.com/watch?v=mKdfedwkXo">https://www.youtube.com/watch?v=mKdfedwkXo</a></p>



		<p>Weekend chores <span style="float: right;">2018-07-14c</span></p> 
<p style="text-align: center;"><b>Scheduled Worry time</b></p> <p>Having a set 30 mins each day when we allow ourselves to reflect and respond to the worries we have gathered in our worry journal can help us to discipline our minds rather than get lost in overwhelming thoughts. We can reassure our worries that we will listen to them and address underlying concerns.</p>	<p style="text-align: center;"><b>Daily Physical Exercise</b></p> <p>Exercising our bodies on a daily basis helps to keep us fit and healthy as well as releasing feel good hormones called endorphins that can shift tricky feelings and give us a new perspective.</p>	<p style="text-align: center;"><b>Routine</b></p> <p>Setting ourselves a realistic, regular routine will can help manage our time and give structure to our day, helping us to feel a little more in control and temper uncertainty.</p>
		
<p style="text-align: center;"><b>Understanding the brain's fight/flight response</b></p> <p>When we understand that the body is cleverly designed to keep us safe we can have compassion for our anxiety. Learning how to listen to and balance our brain's default emergency system can be a powerful tool.</p> <p><a href="https://www.youtube.com/watch?v=mKdfedwkXo">https://www.youtube.com/watch?v=mKdfedwkXo</a></p>	<p style="text-align: center;"><b>Connecting with our Passions and unique self</b></p> <p>When we connect with our passions we can rediscover our love of life. Following what interests, motivates and inspires us helps build the momentum of self-worth and joy. We might even feel inspired to learn something new!</p>	<p style="text-align: center;"><b>Gratitude list</b></p> <p>Shifting our focus to the aspects of our life that we are grateful for can help us gently break negative thought patterns. Reflect daily on 3 things that you are thankful for, no matter how small and gradually you may find you attune to more and more.</p>



<p><b>The Worry Monsters</b></p>  <p>HitToon.com #1350405</p>		
<p><b>Herbet – Mindfulness - breathing techniques and visualisation tools</b></p> <p>Tempering the fight/flight reaction through mindfulness, box breathing, bubble games and consciously taking long slow outbreaths triggers the parasympathetic nervous system to bring us back to a more regulated state of mind.</p> <p><a href="https://www.youtube.com/watch?v=kyaU2iGVoXI">https://www.youtube.com/watch?v=kyaU2iGVoXI</a></p>	<p><b>Manto – worries about the future – create an action plan</b></p> <p>Some worries can be reduced by making a plan and taking positive action. Manto encourages you to draw your worry and then plan 3 things you are going to do to reduce or manage that worry.</p> <p><a href="https://www.youtube.com/watch?v=-JiegSg6wLc">https://www.youtube.com/watch?v=-JiegSg6wLc</a></p>	<p><b>Goon –funny silly worries - have a laugh!</b></p> <p>When we reflect on some worries we can see that actually we might have got things a little out of perspective...it can be healthy to have a 'reet' good laugh! How many ways can you use a balloon to make you giggle?</p>
		
<p><b>Creativity and Play</b></p> <p>Making, creating, crafting, drawing, playing and having fun are all fantastic ways to relax and discover the gifts and talents within us. Maybe you want to learn a new skill such as learn how to knit or do a trick with a football – there are lots of tutorial videos online that can help you.</p>	<p><b>Spending time with our pets</b></p> <p>Spending time with our beloved pets and animals can be a wonderful way to calm the nervous system. Whether you are snuggled up stroking your rabbit, walking your dog or even riding a pony - connecting with a trusted animal friend can feel very special and reassuring.</p>	<p><b>Nature Chores</b></p> <p>Research shows that spending time outdoors in nature helps us to feel calm and anchor us in the present. Gardening, lighting a campfire and doing repetitive tasks such as chopping wood and whittling can help us relax and return to our regulated brain.</p>