

Inspire Anxiety Handbook



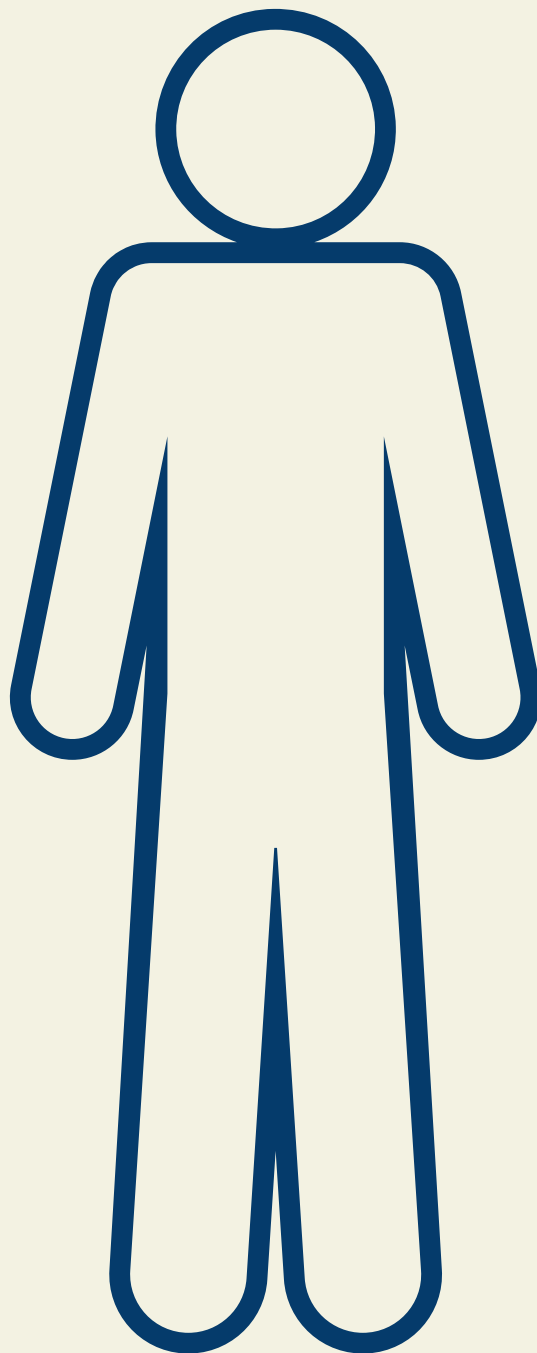
Working towards
understanding and
managing your anxiety



How Anxiety Feels For Me

We all experience anxiety in different ways. This sheet is to help you identify how you feel when you get anxious, so you can spot the signs. Draw or write on the person to show how it feels for you.

Think about the emotions you feel, the sensations in your body, the behaviours you show.



My Anxiety Triggers

As well as noticing the signs in ourselves, it can also be helpful to know the situations and feelings that set off our anxiety. These are known as "triggers". Knowing what triggers our anxiety can help us to navigate these situations and put strategies in place.

Tick off your triggers, or use the spaces to add your own.

Being teased

Certain noises

Things not going my way

Unfairness

Certain tasks

Certain people

Waiting too long

Meeting new people

Being away from home

Having too much to do

Doing something new

Tests/Exams

New places

Being disagreed with

Being late

Being criticised

Being tired

Being hungry

Being ill

Being interrupted

Being ignored/left out

Getting something wrong

Unstructured time

Sensory triggers

Big changes

Not understanding what to do

My Mindful Anxiety Plan

Knowing our telltale signs and triggers, we can then start to put a plan in place to reduce our anxiety where possible.

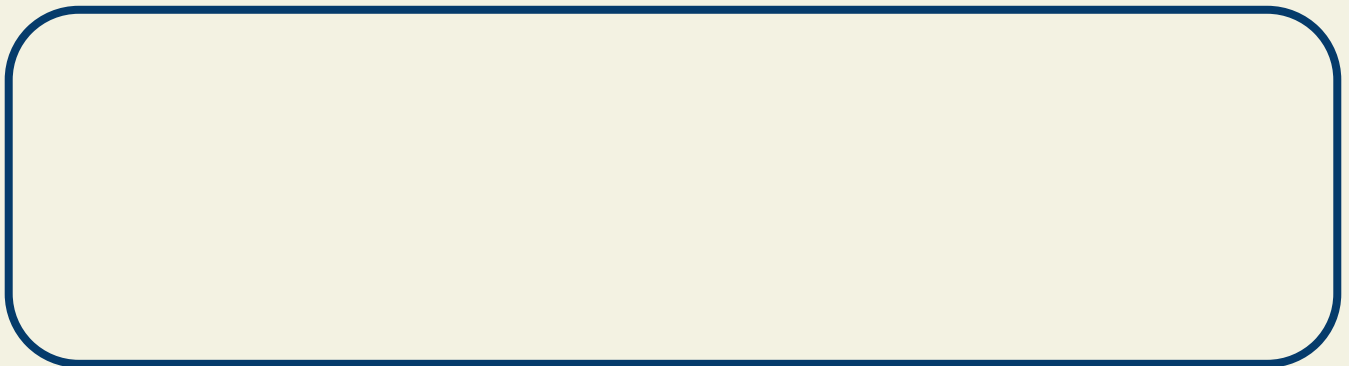
When I begin to notice anxiety in my body, I will...

(Think about mindful exercises such as deep breathing, distraction techniques, noticing your senses etc.)



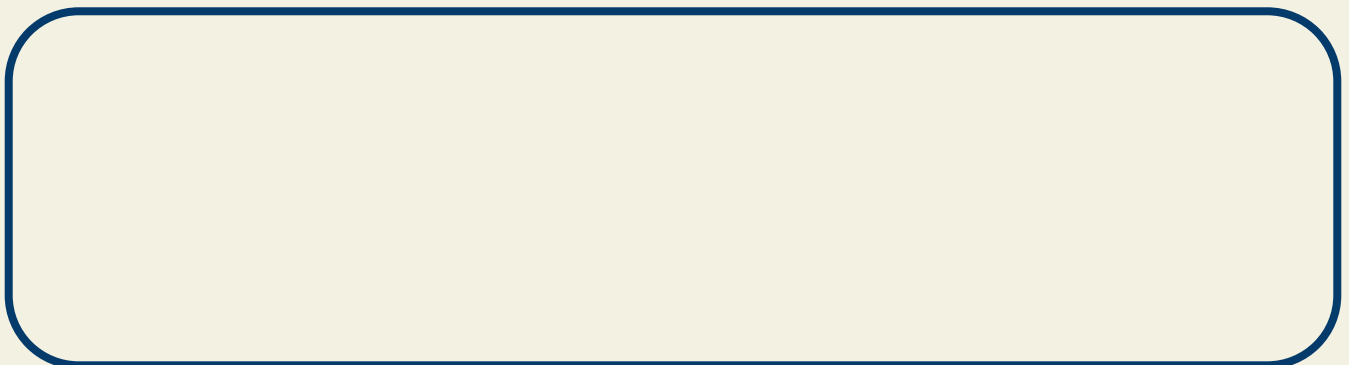
If my anxiety is getting too much, I will call or text...

(Think about friends or family members – someone you trust)



Every day, I will do at least one of these activities to keep my anxiety at bay...

(Think about activities you enjoy or ones that calm you down – it could be as simple as taking a short walk.)



Me Beyond My Anxiety

When struggling with anxiety, it can be easy for us to focus on what's "wrong" with us. And while anxiety is a part of us, it does not define us. It is important remember the other aspects that make us who we are.

I am someone who is...

I really like...

My most important relationships are...

My favourite things to do are...

I feel at my best when...