

What could you do if you have 'false

BRAIN TRAINING

1. Accept you have 'false alarm' worries at times
2. Repeat to yourself "It is not my fault. I will get my life back!!"
3. Talk to your school's Learning Support. Ideally you need one supporter in each
4. environment: journey, corridor, lessons, breaks, lunch, home-work etc
5. Now plan with someone



Just as someone with a sandwich phobia can't eat it this combo all at once, take a gradual approach to increasing your school success and you will reach your goals.-with a little help from

Every minute: carry something that you regard is positive and powerful eg photo, letter, affirmation, a scent, a note, encouragement, list of hopes and desires for the future

Every hour: give someone a compliment, offer of help, a smile, act of kindness, share laughter

Every day: spend a bit of time to relax and review the positives and record them in a diary, art work, audio track, booklet

Every week: check in with someone you trust who mentors you and gives you confidence

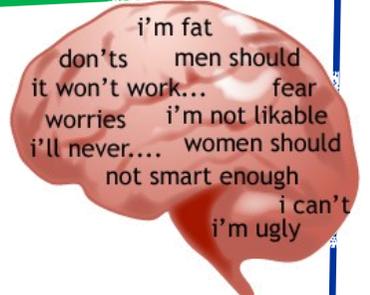
Every month: renew your strength and go somewhere new, try something different

Anxiety

What is anxiety?

You might have heard people talk about 'worries', 'collie-wobbles', the 'jitters' or 'butterflies'. You can laugh out loud if you want to—have you ever heard someone say they had 'the willies'? Whatever you call

it, **anxiety is the feeling generated by thoughts that sound threatening.** 100% of people experience anxious thoughts — people who 'have it all', the most laid back person



- Rename anxiety! What are you going to call it?
- If you began to redesign your bedroom, would the thoughts drummed up
- automatically or

Automatic Thoughts

Most people don't choose to be anxious. Few people get out of bed in the morning and think, "Hmm. I think I'll just think of horrid thoughts and make myself

really anxious!" No. Anxious thoughts are automatic. They can pop into your head at any given moment, day or night. They are not your fault or anyone else's for that matter.

The good news is that,





Anxiety can be helpful!

disposal unit who is probably thinking, "I hope I

manage to defuse this bomb safely."

That's actually a very helpful automatic anxious thought. It saves lives!

If the army didn't really care about whether a bomb exploded or not, then far more people would be killed, maimed and

Helpful automatic thoughts are not new. Even the first cave men experienced them! Why? Because they can keep us safe from harm.

The photo above is someone from the army bomb

• What kind of training do you think the army go through to help them learn how to handle their anxieties at work?

• Where would you go to

EMERGENCY ALERTS

39m ago

Emergency Alert

BALLISTIC MISSILE THREAT INBOUND TO HAWAII. SEEK IMMEDIATE SHELTER. THIS IS NOT A DRILL.

What a frightening text! What on earth would you do if you received it whilst on holiday in Hawaii?

EMERGENCY ALERTS

1m ago

Emergency Alert

There is no missile threat or danger to the State of Hawaii. Repeat. False Alarm.

Would you wish you had your phone alert on silent? Would you hide? Run to somewhere? Tell someone? Make a film strip? Take photos in case it could be

Anxiety can be unhelpful!

SANDWICH

There are people who **worry** about seeing sandwiches and it makes them feel **very lonely**. This is partly because they tend to feel that other

people just don't understand their high level of



anxiety about them.

Problems begin to mount in every day life until the person feels **emotionally trapped**.

For example, you'd become **terrified of seeing a slice of bread** in

the kitchen.

You **can't go to town**

because places like Boots sell fresh sandwiches.

Social events are out of the question for you.

The less you do, the more the **anxiety grows** until you're driven to gaming to ease **boredom**. The hours gaming leads to an **addiction**.

You start to worry more about your **lack of interests**,

"IT'S A FALSE ALARM"

Are automatic anxious thoughts about the following classed as helpful or unhelpful?

- Sandwiches
- Journeys to school
- Break/lunchtime
- Lessons
- Pupils

exercise and education.

At the same time, **you feel like not caring** at all!

Your **self-esteem drops**. You **feel worthless** because you **can't**