

ANXIETY COPING STATEMENTS

FEELINGS OF ANXIETY DO NOT DEFINE ME.

THIS IS JUST A FEELING. IT WILL PASS.

I CAN COPE. I AM STRONGER THAN I THINK.

ANXIETY IS A NORMAL EMOTION.

NOT ALL THOUGHTS ARE TRUE.

I AM SAFE AND I AM GOING TO BE OK.

BEING A GOOD FRIEND



KINDNESS

Show kindness by helping others and being nice.

LISTEN

Be a good listener. Pay attention when your friend is talking.



SHARING

Share toys, snacks, and fun activities with your friends.

RESPECT

Treat your friends with respect. Use kind words and actions.



APOLOGISE

Say sorry and make up if you make a mistake.

EMPATHY

Understand how your friend feels and be there to support them.



PLAY TOGETHER

Include everyone in games and activities. Have fun together!

5-4-3-2-1

BE CALM

5

THINGS YOU CAN SEE:

Look around and find five things you can see. It could be objects in the room, pictures on the wall, or colours around you.

4

THINGS YOU CAN FEEL:

Notice four things you can feel. It might be the texture of your clothes, the warmth of sunlight, or the softness of a pillow.

3

THINGS YOU CAN HEAR:

Listen carefully and identify three things you can hear. It could be birds chirping, the sound of traffic, or people talking.

2

THINGS YOU CAN SMELL:

Take a deep breath and smell two things around you. It might be flowers, food cooking, or the freshness of the air.

1

THINGS YOU CAN TASTE:

Finally, focus on one thing you can taste. It could be a sip of water, a piece of fruit, or the lingering taste of a snack.

THINGS I CAN'T CONTROL

WEATHER

OTHERS'
ACTIONS

THE FUTURE

PAST
EVENTS

TRAFFIC

OTHERS
THOUGHTS

THINGS I CAN CONTROL

YOUR
ATTITUDE

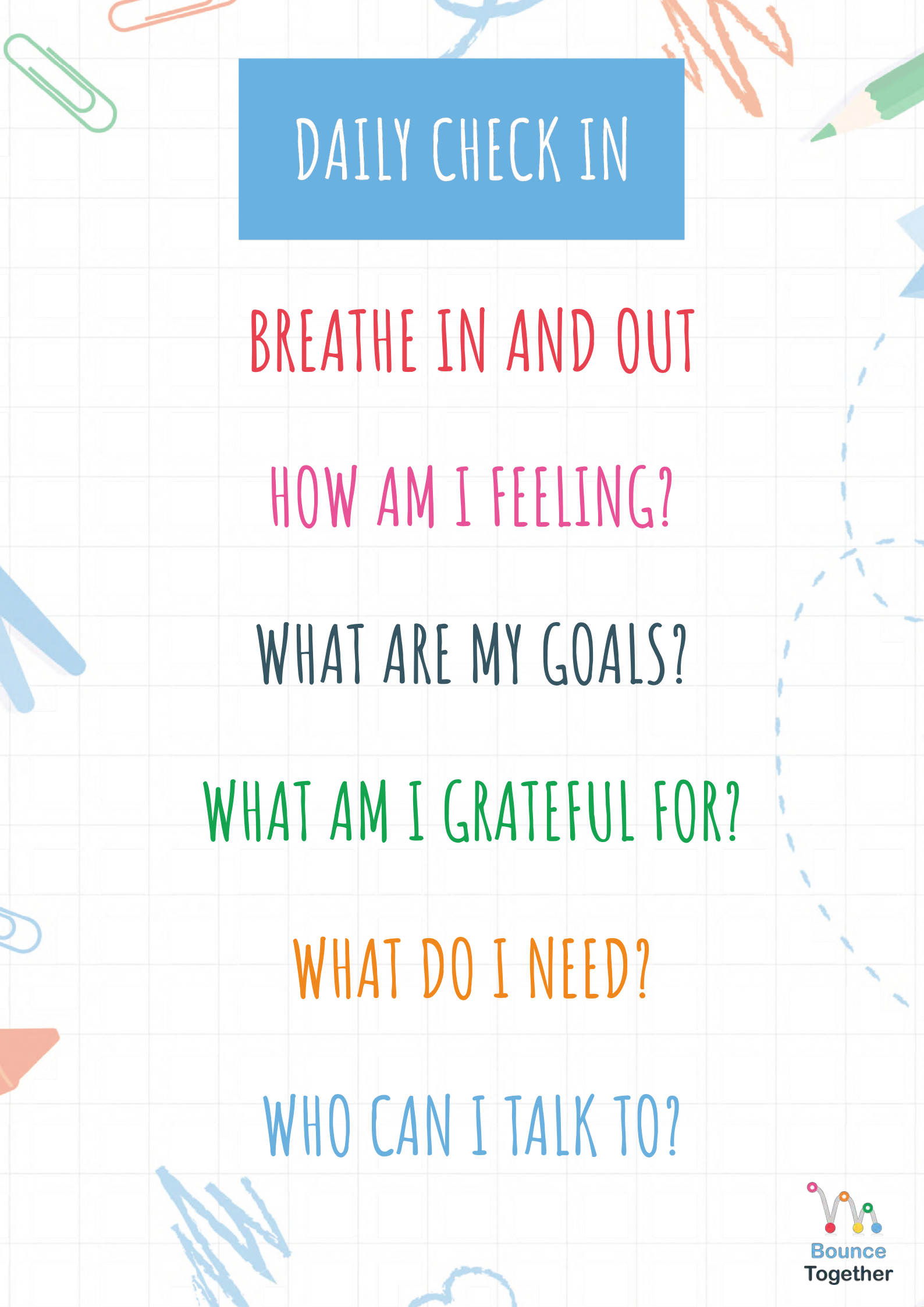
YOUR
WORDS

YOUR EFFORT

YOUR
ACTIONS

KINDNESS

YOUR
THOUGHTS



DAILY CHECK IN

BREATHE IN AND OUT

HOW AM I FEELING?

WHAT ARE MY GOALS?

WHAT AM I GRATEFUL FOR?

WHAT DO I NEED?

WHO CAN I TALK TO?

CHANGE YOUR MINDSET

INSTEAD OF

I ALREADY KNOW THIS

THIS IS THE BEST I CAN DO

I FEEL LIKE GIVING UP

I'M SCARED TO MAKE A MISTAKE

I DON'T KNOW HOW

I AVOID DIFFICULT THINGS

SAY THIS

I'M READY TO LEARN

I CAN ALWAYS KEEP IMPROVING

I WILL KEEP TRYING

MISTAKES HELP ME GET BETTER

I CAN LEARN HOW

I LIKE TO BE CHALLENGED



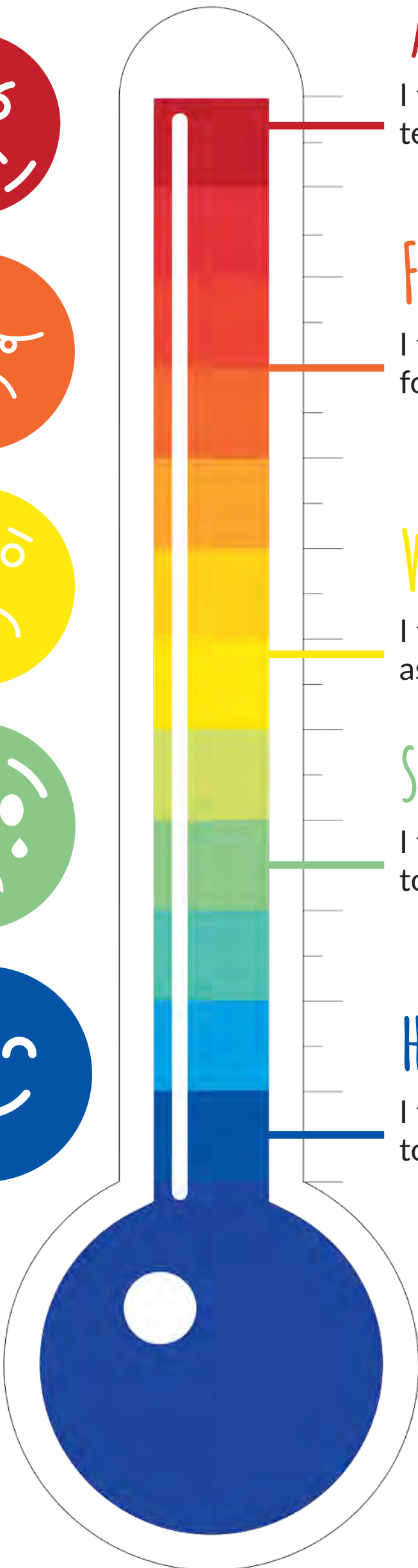
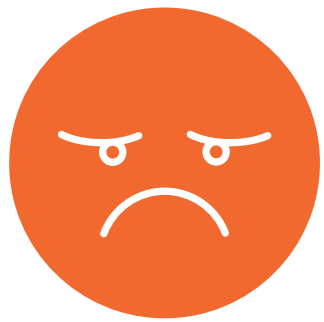
Need To Talk?

You're Never Alone

Free, confidential support anytime.

- ☎ Samaritans: 116123
- ☎ Education Support: 08000 562 561
- ☎ Victim Support: 08081689111
- ☎ Rape Crisis: 08088029999
- ☎ Mind: 03001233393
- ☎ Anxiety UK: 03444775774
- ☎ Women's Aid: 1800341900
- ☎ Help For Money: 08001387777
- ☎ Sane: 03003047000
- ☎ Drinkline: 03001231110
- ☎ Calm For Men: 0800585858
- ☎ Crisis Team: 03005000927

HOW ARE YOU FEELING?



ANGRY

I feel angry. I need to take deep breaths, count to ten, and talk to someone I trust.

FRUSTRATED

I feel frustrated. I need to take a break, go outside for some fresh air and take deep breaths.

WORRIED

I feel worried. This is a valid feeling and I should ask someone I trust for help.

SAD

I feel sad and it is not a nice feeling. I should talk to someone and tell them why I feel this way.

HAPPY

I feel happy. This is a great feeling and I should try to share it with others.

IT'S OKAY TO FEEL...



SHY



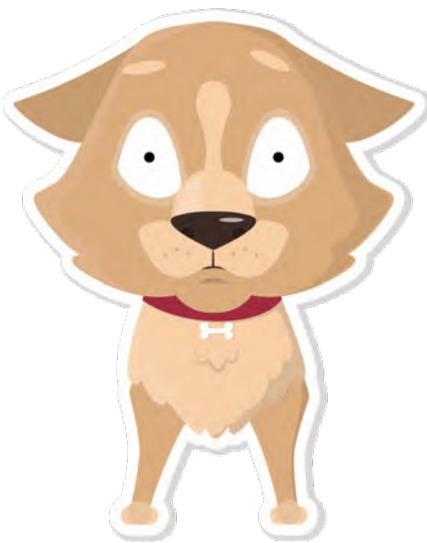
DISAPPOINTED



CONFUSED



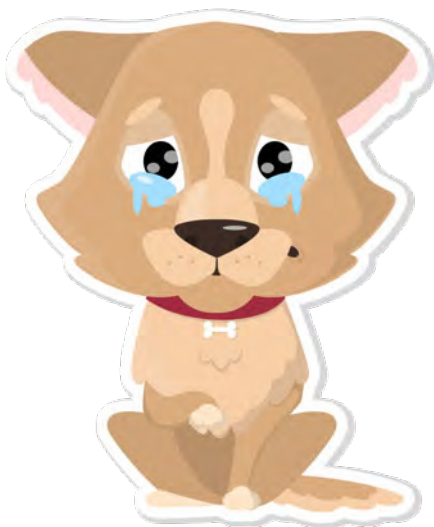
TIRED



FRIGHTENED



EXCITED



SAD



SURPRISED



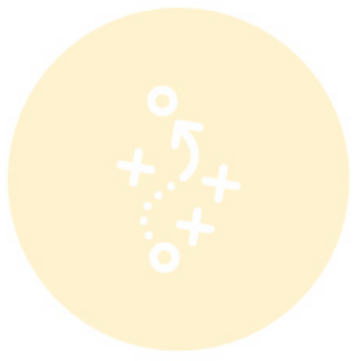
HAPPY

Need To Talk?

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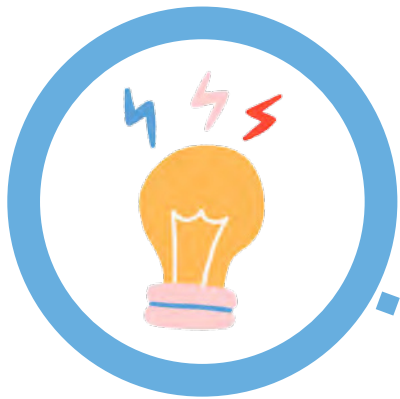
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LEARNING

Learning new things is exciting and keeps our minds active. Set goals, explore different topics, read books, or learn a new skill. Discovering something new about yourself or the world can boost your confidence and provide a sense of accomplishment.



Learn something new about yourself that you never knew



Discover something new and find out more about it



Visit your local library and pick up a new book



Learn a new hobby or a word in a different language



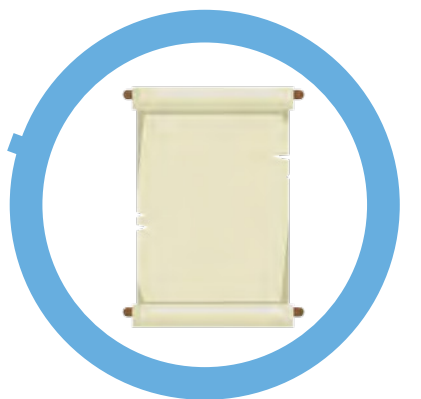
Learn a dance routine or the words to a new song



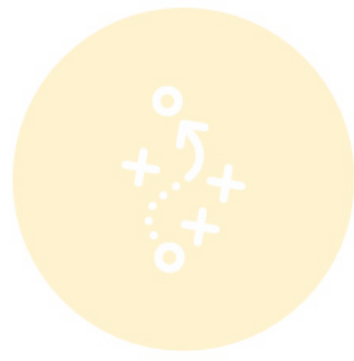
Show empathy. Talk about how others are feeling and work out why.



Go to a quiz or host one with friends



Learn more about your family history



CONNECT

Social connections are essential for our wellbeing. Spend quality time with friends and family, reach out to new people, or communicate in different ways beyond technology. Share experiences, memories, and stories to strengthen relationships.



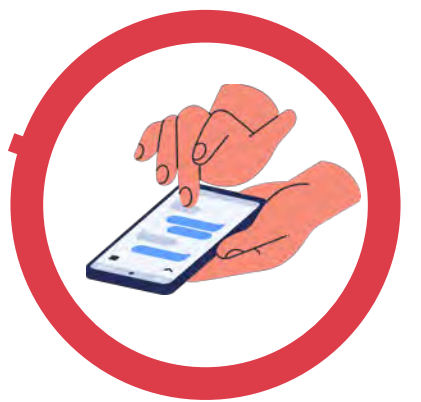
Share your day with your family and ask about theirs



Speak to someone new. Smile and speak to someone in the corridor



Find an old photo of a friend and share it with them



Don't use your phone for a day (or at least a few hours)



Write a letter or send a postcard to someone



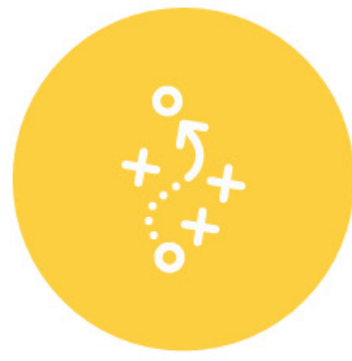
Ask your family about their childhood



Talk to someone in person instead of sending a message



Ask a friend about their weekend and listen



BE ACTIVE

Physical activity is vital for both physical and mental health. Find activities you enjoy, whether it's dancing, cycling, or joining a sports team. Taking notice of your surroundings and being curious about the world can also spark joy and fulfillment in everyday life.



Play your favourite song and dance to it



Try walking to school and find a new route



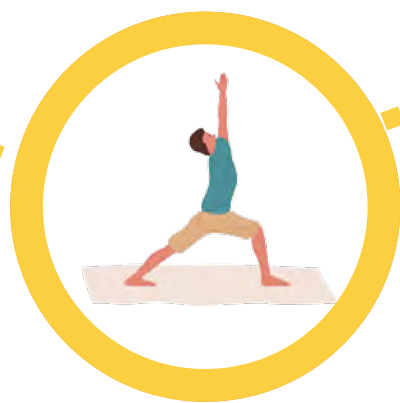
Go for a run or jog (It's Free)



Spend some time at your local park



Join a new sports team or club



Stretch and move every morning and evening



Go swimming or for a bike ride



Play a sport like football, golf, or bowling with friends



GIVE

Taking time to give back to others can greatly improve our own wellbeing. Whether it's helping a friend, thanking someone who has helped you, or volunteering for a good cause, acts of kindness create positive connections within our communities.



Smile and be willing to give your time for a conversation



Say thank you to someone who has helped you



Give unwanted items to your local charity shop



Offer your time to do something for someone else



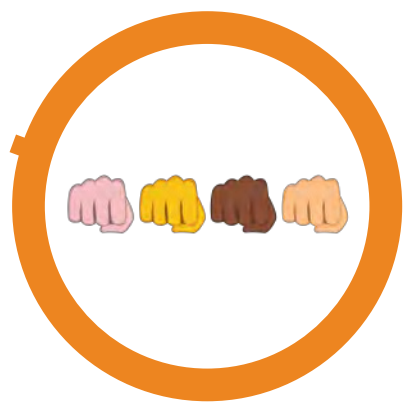
Offer to help your family around the house



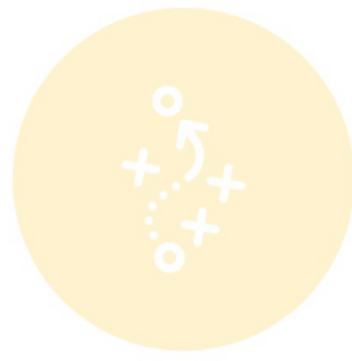
Bake a cake and give it to someone else



Nominate someone for an award



Give someone a hug or a fist bump



TAKE NOTICE

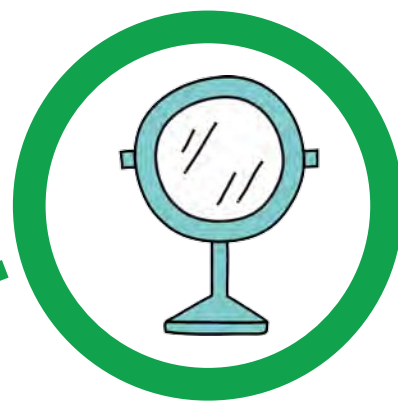
Taking time to be present and observant of our surroundings can enrich our lives. Reflect on what inspires you, pause to appreciate the positives, and notice the beauty in everyday moments. Engage with nature, reflect on your strengths, and connect with the people around you.



Try a new way to get to school



Stop and really take in your surroundings



Reflect on positives and what you can be grateful for



Consider your strengths and how to make the most of them



Think about who inspires you and why



Notice wild flowers/plants and where they grow



Notice neighbours and the people around you



Pretend you are someone else and wonder what they would think about you



Bounce Together