

# Cultivating positive habits and building resilience

A resource pack for young people

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MENTAL HEALTH SUPPORT TEAM (MHST)

SCHOOL BASED MENTAL HEALTH SUPPORT

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**achieving  
for children**





# Grow Your Mind



**Week 4:  
Managing  
worries**



# Managing worries

This week focuses on managing worries.

Anxiety can have a lot of names - worry, apprehension, dread, fear. Essentially, you are expecting that something bad is going to happen. Anxiety is a normal emotion and it is not always bad. It can help to keep us safe and motivates us to be prepared and do our best.

## ***So why is managing our worries important?***

Too much anxiety too often can interfere with our day to day life. Sometimes our worries can impact our ability to learn and keep going. This is why it is important that you can practice ways of managing these feelings.



# How can we grow this area of our mind?

Recognising  
and naming  
worries

Challenging  
worries

Balancing  
worries



# Recognising worries



Identifying what is making us feel worried is an important step.

Sometimes just naming what is causing us to feel anxious can help us to feel better.

For some people, it's easier to talk to someone they trust, and think about their worries through having a conversation. For others, writing or drawing what their worries are on a piece of paper can help.

Once we start recognising what is making us feel worried we can notice those worries that need our attention and do something about them.

We'll look at ways to manage these next.



# Challenging worries

One way to manage our worries is to give them a reality check. Often when we are worrying, we tend to be overestimating the danger or threat and underestimating our ability to cope. We can therefore challenge our anxious or worried thought with the truth!

Anxious thought:

My friend did not reply to my message. They probably hate me. I don't have any friends



Truth:

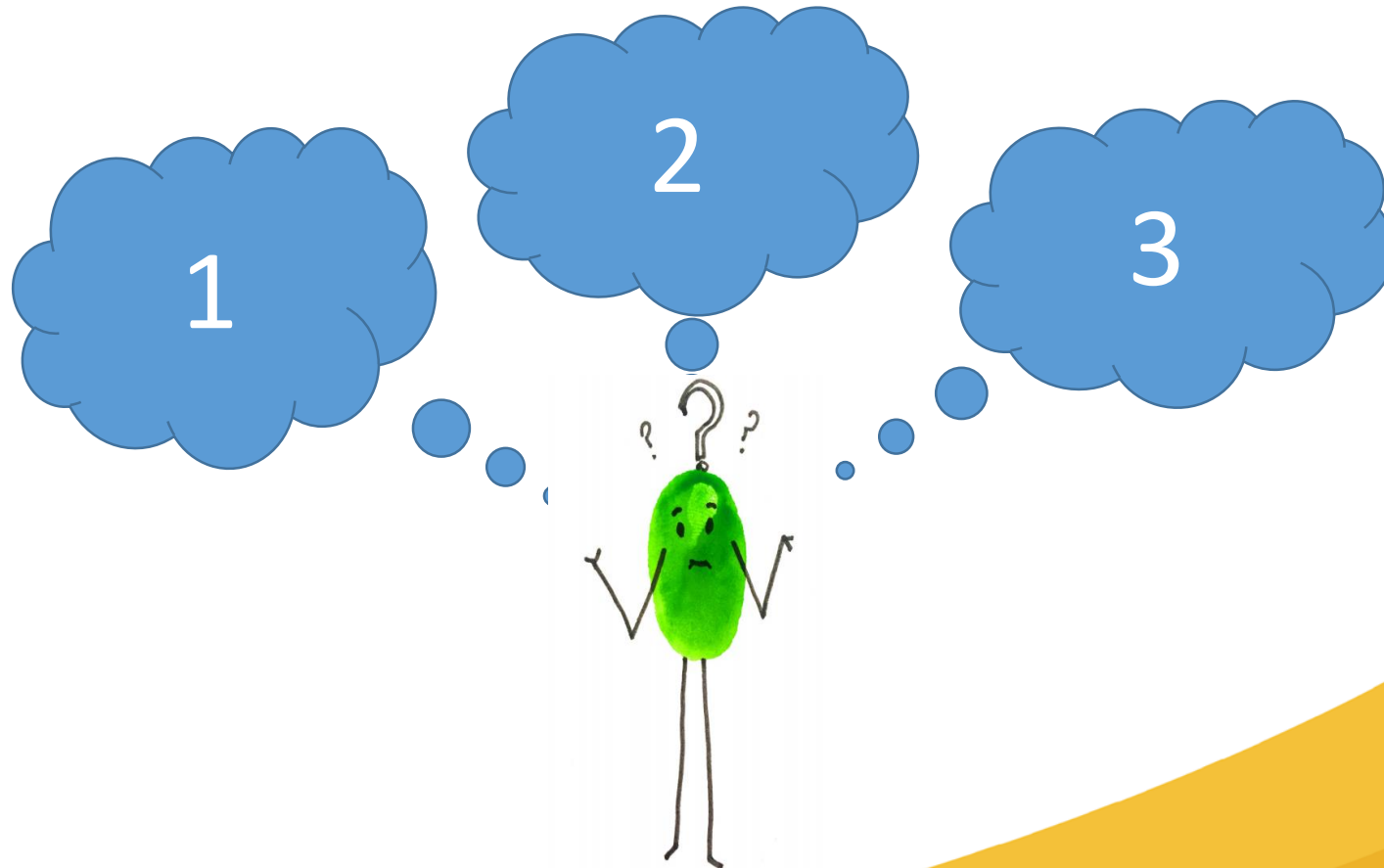
- My friend is busy at the moment.
- I know my friend cares about me because they often speak to me and they ask me how I am.
- I have other friends I can talk to.



# Balancing worries

Another way we can manage our worries is by balancing them with positive thoughts.

Take a moment and see if you can think of 3 positives right now:

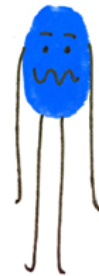


# Balancing worries

Sometimes worries start with 'what if...?' questions. These questions do not usually get answered and instead continue to spin round in our minds and end up making us feel more worried. Another way to balance out these worries is to come up with a 'then I can' solution.

What if I struggle with work  
when I go back to school?

Then I can tell a teacher that I  
trust and get some extra  
support.





# Summing up

1. What 3 things have I learned?
2. What 2 things do I want to find out more?
3. What 1 question do I still need to ask?

## Resources:

<https://camhs.cnwl.nhs.uk/children/cope-ometer/>

<https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>



We hope this session has been helpful  
There is a word document you can access with some  
more activities.

Next week...

**Self-reflection and setting goals!**

