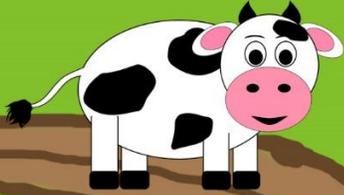


START



The Kind Farm Worry Map

FIND THE SEVEN KEYS TO UNLOCK THE DOOR TO CELEBRATE!

Bridge back to your success



Know what you want



Expect to worry



Breathe



Take action on your plan



Talk to your worry



Be unsure & uncomfortable on purpose



Expect to Worry: It is normal to feel fear, and it is normal to have worried thoughts. We need to manage them. To handle them differently. Make a List of when to Expect the Worry “Oh Hello, Worry, You Again?”

Talk to your worry: Imagine your worried voice- give it a name, what does it look like? When the worry comes, talk to it? You can expect it, take care of it or Boss it around. You pick what works for you. For example “Worry is part of learning something new. I am supposed to feel this way” “It is ok. I can handle whatever happens” “You are not helping. I am going to ignore you”

Be Unsure and Uncomfortable on purpose: You are willing to keep going, even when you are not sure how things will turn out. You can handle any discomfort and feelings you might feel. Your brain will come up with creative ways to get through the task. Time will seem to go by faster.

Breathe: Take a deep breath in, letting your belly expand and then your chest. Pause to 2 counts and then slowly exhale letting all the air out. Allow your muscles to relax and then repeat. Sometimes it helps to put a stuffed animal on your belly to see it move up and down.

Know what you want: Really wanting something gives us courage. Define your goals and give yourself rewards.

Bridge back to your successes: You are an amazing person who has done many amazing things. Remember all the great accomplishments. Write them down.

Take Action on your Plan:

What is your goal?
Do you really want this goal?
What skills do you need to reach your goal?
What do you already know how to do that might help you reach this goal?
What do you want to say to yourself when you start to worry?
Are you willing to now know exactly how things will turn out?
Are you willing to feel physically uncomfortable along the way?
What can you do to practice your skills?

This information was taken from “Playing with Anxiety: Casey’s guide for teens and kids” by Reid Wilson and Lynn Lyons