

## **Anxiety Action Plan**

This action plan aims to help children and young people recognise what may **trigger** their anxiety, what their **warning signs** are and what they need to do on a daily basis to **minimise** their times of worry.

### **Anxiety Toolbox**

What **strategies** and **tools** do I have to deal with my anxiety? What usually helps? (E.g. colouring, exercise, deep breathing, distraction, positive thoughts)

### **My Daily Self-Care Plan**

What can I do each day that I **enjoy**, to look after my **emotional health**? (E.g. time outside, listening to music, writing a journal)

Who do I enjoy spending time with and who is positive?

### **My Triggers**

What **situations/people/emotions** make me feel anxious? (E.g. being in groups, feeling embarrassed, speaking in front of others)

How can I deal with these **without avoiding** them completely?

### **My Warning Signs**

How do I know when I am **starting** to feel anxious? (E.g. are there changes in my body and do I start to do the same thing each time?)

### **If I Become Overwhelmed**

**Who** can I call? What do I need to **avoid**? How do I **calm** myself down? 'This will not last forever'

### **Looking Back**

When the situation is over – **what worked well**? What didn't work as well? What other things could I try? Do I need to re-write this plan?