



Healthy Minds Lincolnshire

An information and education pack for children

Dealing with Worries

"It's okay to be scared. Being scared means you are about to do something really, really brave!"

Everybody worries sometimes. Worrying about things is normal. It can even be helpful to worry at times. However, sometimes we might worry too much and this can make us feel bad.

We might worry about school, friends, home, or something else.

One worry can lead to another worry, and another, and another. It can feel like we don't stop worrying!

When we have a worry, this can lead to certain feelings in our body. We may feel...

Headaches

Tense

Sick



Hot and
Sweaty

Tummy aches

Heart racing

Unable to
sleep



Types of Worries

It is really normal to worry and everyone does it sometimes. In fact, thinking things through can sometimes be helpful in making sure we are prepared.



For example: *If we worry about getting lost the first time we go somewhere new, this might help us to think about planning where to go and getting directions.*

However, some people can find themselves worrying more often than others, about lots of different things. When this happens it can make you feel really anxious, stop you from doing things and it is really tiring.

When you feel worried one of the first things that you can start doing that can be useful is to start writing your worries down. You could use the worry diary that you can see on the next page or you could write or draw your worries in a notebook or on post it notes.



Once you have a better idea about what you are worrying about you can start to think about how you can manage it. To do this it helps to know what type of worry you are having, there are two types...

Here and Now

Worries

I've got a test next week that haven't studied for and I'm worried that I won't do very well.



These are worries about something that has happened or is going to happen and are often affecting you in the here and now - we can usually find a practical solution for these worries.

What If

Worries




What if people make fun of my new haircut?



This type of worry is often about things that may not have happened yet, it may well be in the future and may not have a solution, no matter how hard you try to find one!

WORRY DIARY



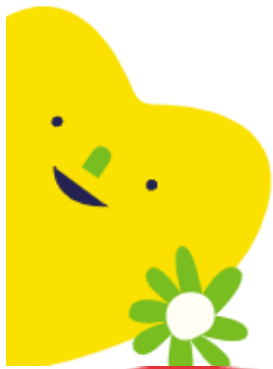
Date and Time	Where was I? Who was I with?	What was I worried about?	How big was my worry? 0-10 (0 is teeny and 10 is huge)
			

Why don't you have a go at going through your worry diary/record and see if you can decide what types of worries you are having.



Worry Sorting Activity

To increase your understanding of the two different types of worries, try and sort the worries below into 'Here and Now' and 'What If' worries in the table.



I've fallen out with my friend and I want to sort it out

I have forgotten my lunch

What if my friends fall out with me?

I am stuck on my homework and don't know where to start

What if I get really ill?

What if people laugh when I walk past them at the school

I promised my parents that I would tidy my room, but I don't have time

I have an exam, what if I fail?



Collecting your worries

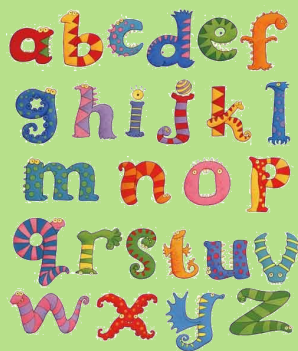
Try and collect your worries throughout the day!

When a worry pops into your head, write it down and place it into a safe place, like a box, notebook or in an envelope and then leave it until you have time to look at it more closely.

After you've written it down take your mind off it by doing something else. When your mind wanders to worry, it is important to bring yourself back to the here and now, by distracting your mind.

Why not try some of these ideas to help you along?

Letter Game



Go through the alphabet and name countries, animals, and food!

Counting



Pick a number, add it to the number before and see how far you get!

Grounding



Try using your 5 senses to name five things you can see, four things you can hear, three things you can feel, two things you can smell and one thing you can taste.



Worry Time

Now let's go through your worries with an adult.



Plan **10—20** minutes a day to think about the worries you have collected during the day (not too close to bedtime).

Choose your biggest worries to talk about first.

When worry time finishes throw your worries away and don't think about them again. They might pop up again but you can write them down ready to take back to worry time tomorrow.



After Worry Time

Find something you enjoy doing and have some **fun!**

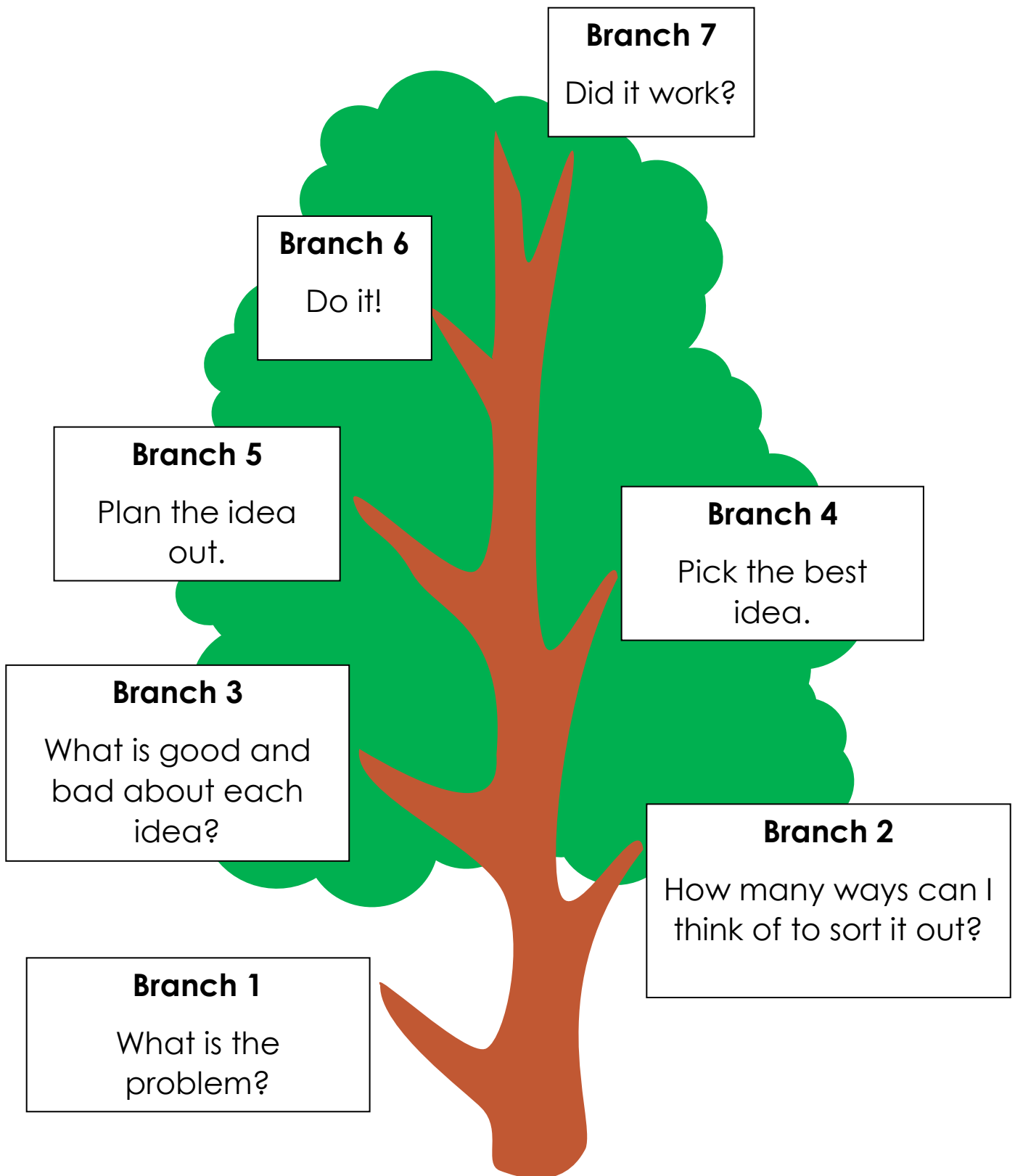


For your 'here and now' worries you can use a technique called problem-solving to help you deal with them. If you try problem solving for a worry and it doesn't work then it is probably a 'what if' worry so write it down, forget about it and take it back to worry time later.

You can see how to problem solve on the next page!



The 7 Steps to Problem Solving





Lets give it a go...

Are you ready to start solving your problems?



Why not use the problem solving tree to solve the following problem:
“I have forgotten my homework”

1. What is the problem?

2. How could I sort it out? (Remember, include all of your ideas, even if they seem silly!)

3. What is good and bad about each idea?

--	--



Lets give it a go...

You've got this!



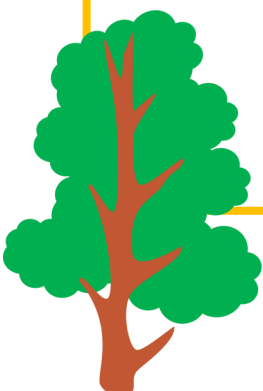
Don't worry if your first solution does not work.
Just try again!

4. What is my best idea?

5. When can I try my idea out? What will I do? Where will I do it? Will I need help?

6. Go and do it!

7. How did it go?



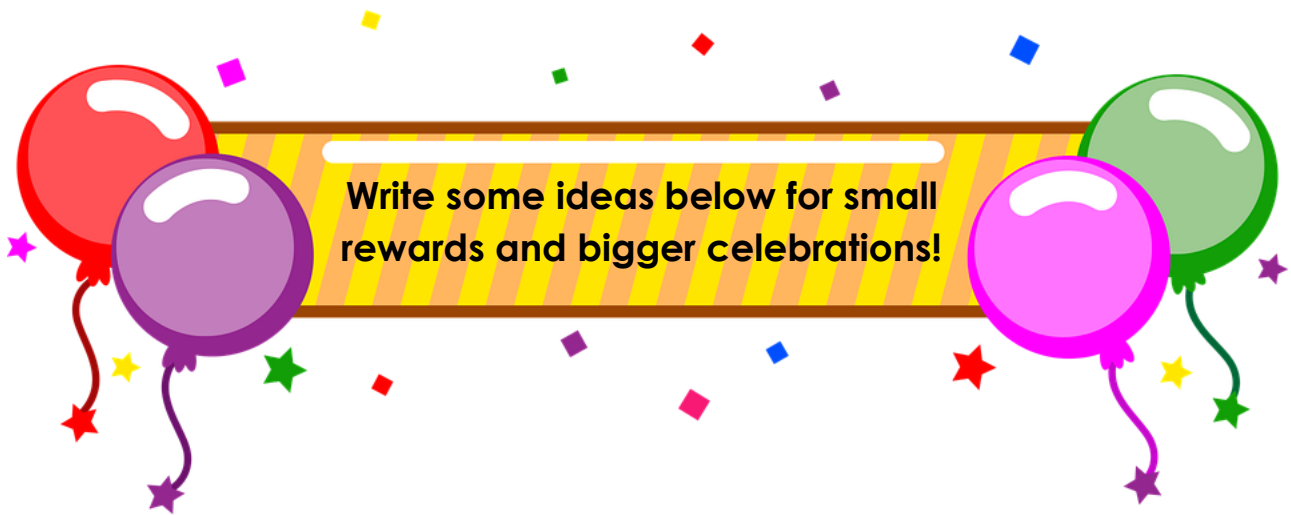


Celebrate!



As you are learning to manage your worries, remember to celebrate your success. Do something nice for yourself, give yourself a treat or just a proverbial pat on the back. Rewards don't have to be very big just something that is meaningful to you!

You could plan a bigger celebration with others ready for when you have reached a goal or solved a problem, such as a nice meal with friends and/or family or a day out. Why not speak to your family/carers to discuss how they could support you through the process, they may be able to help you plan a celebration!





Useful Websites & Numbers

Websites:

- **Get self-help**—www.getselfhelp.co.uk
- **Young Minds**—www.youngminds.org.uk
- **KOOTH** - www.kooth.com
- **LCC Emotional Wellbeing Pathway**—www.lincolnshire.gov.uk/emotionalwellbeing
- **Mood Juice**—<http://www.moodjuice.scot.nhs.uk/>



Numbers:

- **Here4You Advice Line:** 01522 309120 (Healthy Minds & CAMHS)
- **ChildLine:** 0800 1111
- **Samaritans:** 116 123
- **Young Minds Crisis Messenger (Shout);**
SHOUT to 85258



Don't forget to check out our website, for lots of other useful information; such as our relaxation videos and our useful apps booklet!

<https://www.lpft.nhs.uk/young-people>

