

10 THINGS CHILDREN CAN DO AT HOME TO HELP THEM COPE WITH ANXIETY



Get a pen and paper and write down what you are thinking and feeling. This can be a useful technique to express yourself and get things off your mind



If you feel anxious breathe in for a count of three, then breathe out for a count of three. Get into a slow and steady rhythm



Talk to your family about how you are feeling. Don't be afraid to talk about negative thoughts or emotions



Focus your attention on something else. Try and fully concentrate on an activity that you are doing



If you are worried write down all the solutions to your problem. Come up with an action plan with your parents to overcome the problem



When you feel anxious close your eyes and imagine yourself in a calm and happy place



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Create a self soothe box. This is a box that contains activities linking to all your senses that help calm you down



Tear up a number of pieces of paper and write down activities you can do that will help you manage your anxiety. Put these activities into a jar and each time you feel anxious pull an activity out of the jar to start engaging with

