



Worry management

Information for children
and young people and
their parents and carers

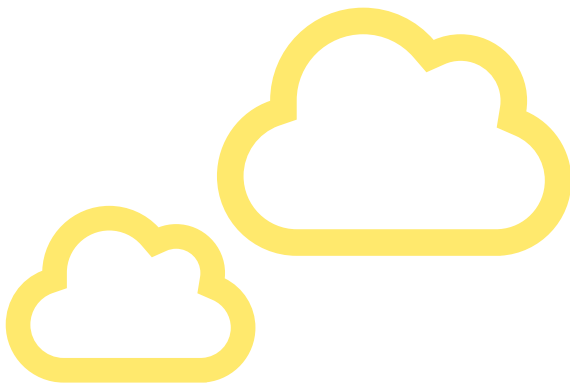


What is worry management?

Worry management is a set of techniques to help reduce the impact of worrying or to solve practical problems.

Worry is a normal process that we all experience from time to time, however sometimes worry can become overwhelming and impact our ability to manage day to day. Symptoms of worry can look different for us all and we each have different ways of coping.

Worry can be maintained by safety behaviours such as avoidance or distraction. Therefore worry management works to help identify different and more proactive/helpful strategies to manage worry.



Fight, flight, freeze

The fight, flight or freeze system is like our internal alarm system that detects threat and responds quickly with lots of physiological changes in the body.

These changes happen automatically and are outside of our control.

Keeping a worry diary

As part of your sessions, you will be asked to keep a worry diary. It can be difficult to capture worries because it isn't something we do in our day today lives. By keeping a diary, you will begin to notice the worries that are making you feel anxious.

We will then spend time finding ways to approach your worries with different skills, such as problem solving and relaxation exercises.

