



NO WORRIES!

AN ACTIVITY BOOK FOR YOUNG PEOPLE
WHO SOMETIMES FEEL ANXIOUS OR STRESSED

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THE VENUS WORRY-TRAP

Imagine that this Venus
flytrap has grown from
one of your worries.

The more you think about
what's making you feel nervous,
the quicker and bigger the
worry-trap plant will grow.

Once the seed of a
worry is planted it
can easily grow into
a big anxiety.

Look at all the words you've been
feeding the worry plant.

Are any of them 100% true?

Write down things you
can think or do to
change what you're
feeding the plant.

The worry-plant doesn't
like positive thoughts!

WEED
KILLER
100% EFFECTIVE!

Write the name of your
worry on the pot, then
add some worry words
or sentences around the
plant that might have
made it grow bigger.

Next time
you feel anxious,
try to replace your
worry thoughts with
positive ones.

ANXIETY ON THE OUTSIDE

Look through the worry word search.
When anxiety is pushing its way in,
do you get any of these feelings?

On the picture below make notes or drawings on the parts of
the body where you feel anxiety.

DIZZY RACING HEART SICK
TEARFUL COLD
SWEATY HEADACHE
TIGHT THROAT FAINT WEAK

F	A	C	S	H	B	W	O	Q	H	T	G
D	D	M	K	W	C	O	L	D	R	G	U
J	T	C	B	U	E	O	Z	A	Z	M	X
I	I	E	C	X	H	A	E	U	C	K	P
S	Q	E	A	Z	B	H	T	Y	D	T	E
Z	M	Z	E	R	G	B	I	Y	H	M	H
H	A	I	G	N	F	N	A	V	J	J	K
V	F	A	I	N	T	U	D	I	X	A	B
I	S	C	O	J	K	N	L	I	E	B	Q
O	A	Q	I	G	N	H	E	W	Z	O	U
R	H	E	A	D	A	C	H	E	D	Z	N
T	I	G	H	T	T	H	R	O	A	T	Y

When people think about being nervous or anxious, they often think about it as an
emotion that's in your head, but anxiety can often be felt in your body.

How do you think
noticing your anxious
feelings when they
begin might help you?

WORRY FEELINGS

Being worried can produce different kinds of feelings. It can make you angry or shouty or sad, or want to go somewhere quiet on your own.

All these people are showing different emotions because they are worried. Write down what they might be thinking about.

I'm worried about

.....
.....
.....

I wish I could stop thinking about

.....
.....

You're not
my friend
any more.

I'm feeling sad because

.....
.....

Go away!

I'm sad about

.....
.....
.....

WORRY MONKEYS

The worry monkeys are frightened about something. Search and find each worry monkey, then help them to have fun by colouring them in so you can see where they all are.

It helps if you think about how people around you are feeling too.
Everyone has worries of their own that they might not tell you about, even grown ups.

THE WORRY JAR

Ask a friend or someone in your family what they worry about. Together, fill up this worry jar with your worries. The lid is on to stop the worries being able to get out again.

Write or draw your worries on this jar.

If you're not ready to share your worries, you can do this on your own or help someone else with their worries.

LAUGHTER IS GOOD FOR THE SOUL

DRAW OR WRITE SOMETHING
THAT MAKES YOU LAUGH.