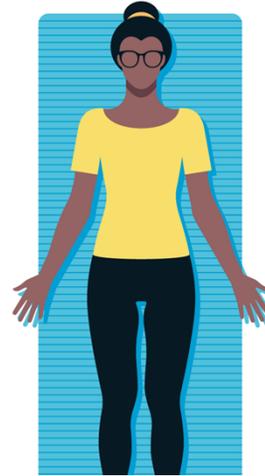


# Helping your child with ANXIETY

1. Sit quietly or lie down.
2. Start at one end of your body and focus on each body part.
3. Notice any areas of tension then soften and relax.
4. Continue until your whole body feels completely relaxed.



**OR....**

**JUMP AROUND TO REALLY LOUD MUSIC!**



There are podcasts, audiobooks and calming Spotify playlists you can use to stay calm.



**Older children can try journaling—or you can talk about the points below...**

### Journaling Prompts

- Note: The use of prompts is optional. Feel free to write about anything for which you are grateful.*
- |  |   |
|--|---|
| Someone whose company I enjoy...         | A fun experience I had...                     |
| The best part about today...             | An act of kindness I witnessed or received... |
| A reason to be excited for the future... | Someone I can always rely on...               |
| A valuable lesson I learned...           | Something I can be proud of...                |
| Someone who I admire...                  | An unexpected good thing that happened...     |
| Something beautiful I saw...             | An experience I feel lucky to have had...     |



**Fold some paper...**

# Meditate with chocolate

- Get a small piece of chocolate. That's right; for the chocolate meditation, you need, of course, a piece of chocolate. We recommend a small piece of dark chocolate with a large cocoa content, but you can use a chocolate button, a handful of chocolate, or whatever you have on-hand. It need not be a large piece of chocolate, either; in fact, bite-sized or a little larger is best.
- Relax your body. Take a few deep breaths and work on un-tensing your muscles to relax your body. You want to start your chocolate meditation as physically relaxed as possible. Close your eyes, if you feel comfortable with it.
- Smell, gaze, and nibble. After you smell the chocolate and enjoy the aroma, after you look at the chocolate and really take in how delicious it looks, you can finally take a small bite of your chocolate. Let it sit on your tongue and melt in your mouth. Notice the flavors from the chocolate, becoming completely absorbed in what you're experiencing right now. Continue your deep breathing, and concentrate on the sensations in your mouth.
- Focus on the sensations. As you swallow, focus on how it feels going down. Notice how your mouth feels empty. Then, as you take a second bite, try to even notice how your arm feels as you raise the chocolate to your mouth, how it feels between your fingers, and then in your mouth. Again, focus on the sensations you are feeling in the present moment.
- Re-focus on the present. If other thoughts come into your mind during your chocolate meditation, gently refocus your attention to the flavours and sensations associated with the chocolate. The idea is to stay in the present moment as much as you possibly can.
- Savour the feeling. When you're done savouring your chocolate, revisit the feeling throughout your day, and feel more relaxed. You may choose to continue your meditation after the chocolate is gone, or simply resume your day immediately afterward.

## *Tips for Meditating With Chocolate*

You don't need to consume large quantities of chocolate during this exercise. In fact, if you're doing it carefully, you won't need to consume much at all.

You can try this with any food.

If you meditate every day, you'll find lasting benefits and perhaps even a greater resilience toward stress.



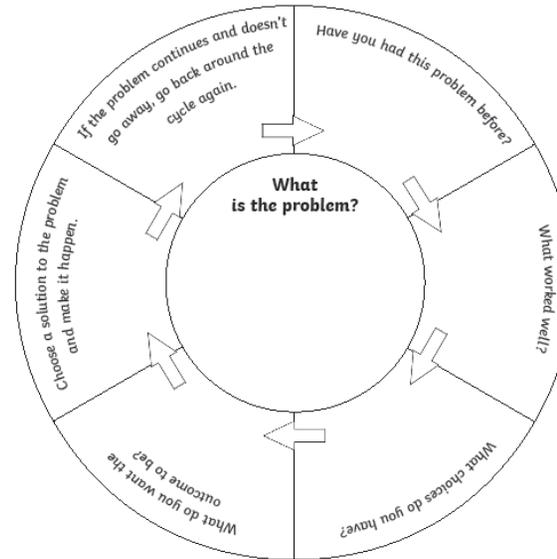
## Make something.



## What Can I Do to Solve My Problem?

Some problems are easy to solve and we solve them all the time without really thinking about it. Other problems are harder to solve. When this is the case, try to break down the problem into 'bite-size' chunks so that you can deal with small parts of it, one at a time. This will stop you feeling overwhelmed by a problem. It will help you to make the right decision as you will have more time to think each part through thoroughly.

The steps to follow are in the cycle below.  
Please look at the cycle below and then complete your own cycle with your own problem.



## Talk to a friend.



## Talk to an adult.

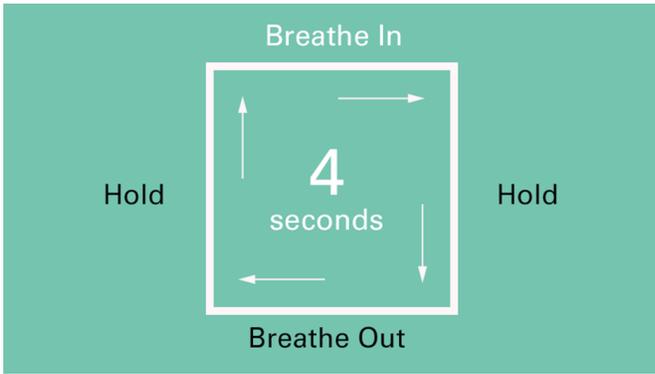


## Think of a place that makes you happy.

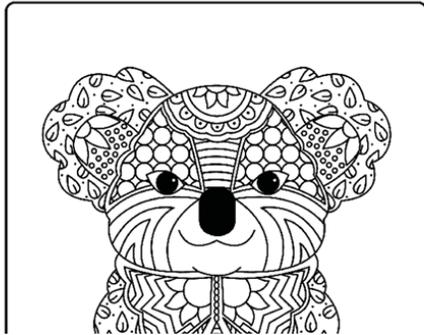


## Hold a special object.





EAT WELL AND  
DRINK ENOUGH  
WATER



Draw  
Doodle

Be creative!



**8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE**

**1. Anger**

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



**4. Chandeliering**

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



**2. Difficulty Sleeping**

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



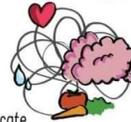
**5. Lack of Focus**

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

**3. Defiance**

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



**6. Avoidance**

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



**7. Negativity**

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

**8. Overplanning**

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



**The Wheel of Relaxation**



Give yourself a cuddle.



Blow some beautiful bubbles ..watch them float

OR BURST THEM ALL!