

### TOPIC 6: ANXIETY AND STRESS

The class learned about and practiced managing anxiety, worry, fear, and stress. We learned that anxiety is normal and sometimes helpful. Fear can help us if we are in real danger by signaling to our bodies that we need to take action to stay safe. Worrying can motivate us to come up with a solution to a difficult problem. Sometimes, however, we feel anxious when there is no real danger, and our worries get in the way of problem solving. In these situations, we can practice using our coping skills.

#### RECOMMENDED READING

##### Picture Book:

*What the Road Said* by Cleo Wade

##### Chapter Book:

*New Kid* by Jerry Craft (graphic novel)



#### SKILLS

- Identify the common physical sensations that we have when we are anxious.
- Practice using coping strategies, which are healthy ways to deal with worry or stress. If we don't use strategies, our stress can build, and we can become overwhelmed!
- Some ways to cope with anxiety include using diaphragmatic breathing, which is a way of breathing very deeply to relax our body and our mind, and replacing anxious self-talk with helpful thoughts.

#### TAKEAWAYS

- Anxiety is normal and it can even be helpful. Everyone feels worried, scared, or stressed sometimes.
- Part of managing anxiety is learning about the physical sensations that we have in our body when we are anxious so we can remember to use our coping strategies.
- We can overcome our fears or worries by relaxing our body, using helpful coping thoughts, and coming up with a plan to solve problems.
- When we are afraid of something but there is no real danger, we can try to gradually face the things that scare us!

#### AT HOME PRACTICE

Encourage someone in the family to share one problem that they are stressed or worried about. Then, help brainstorm ways to either cope with the stress or solve the problem.