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Master your Monsters workbook

MASTER YOUR MONSTERS

A guide to help you cope with your worries

ELSA support

WHAT IS ANXIETY?

WHAT IS ANXIETY?

OUR AMAZING BODIES

Let's look at some of the things that can happen to our bodies when we meet a real threat or dangerous situation. A lot of these things sound unpleasant but everyone of them is there to help you face the danger that is in front of you.

Body Signs

Fight flight freeze

Throat tight and difficulty swallowing

Headache

Shortness of breath

Dry mouth

Ringing in ears

SORTING OUT THE WORRIES

There are different types of worries. Some worries are real and relate to an actual problem that needs sorting. These worries are **IN YOUR CONTROL**. You can do something about them. Other worries are hypothetical, which means they are things that could or might happen. These worries are **NOT IN YOUR CONTROL**. The worry tree is a great way of sorting out those real worries and those hypothetical worries. We can deal with each type differently.

NOTICE THE WORRY

WHAT AM I WORRYING ABOUT?

CAN I DO ANYTHING ABOUT THIS WORRY?

YES IT IS IN MY CONTROL

NO IT IS OUT OF MY CONTROL

MAKE A PLAN

WHAT? WHEN? HOW?

LATER

DECIDE WHEN

DO IT!

LET THE WORRY GO

CHANGE THE FOCUS OF ATTENTION

LET THE WORRY GO



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