

Anxiety Detective

Who is this resource aimed for?

This is a resource for children with high perception of threat from COVID-19

Anxiety is what happens when we think we are under threat. We might feel like our heart is beating too fast, we might sweat, our mouths may become dry or the feeling of 'butterflies' in our tummy. How we respond to feelings of anxiety depends on lots of things including:

- Have we experienced this threat before?
- If we have time to process and think about the threat
- If we are able to talk/express how we feel to those that we feel safe with

Sometimes we might have a thought, a difficult feeling where there is much evidence that it will happen, we might predict what is going to happen in the future. Being an anxiety detective is about trying to find out if there is evidence for our thought! We are asking ourselves; is it true?



Anxious thought

I am going to fail my exams because I am stupid



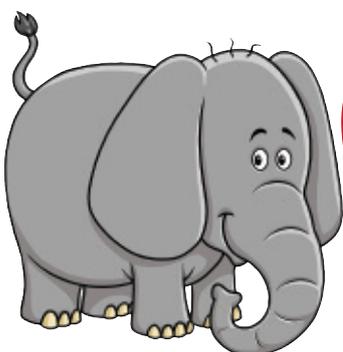
The shortcut

Guessing what is going to happen



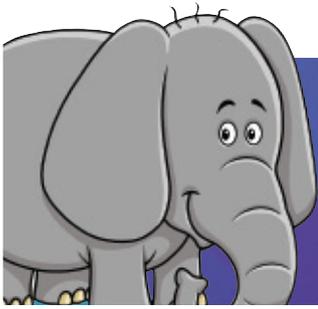
A more helpful thought

If I make a mistake that is okay



Elephant fact
Elephants are the largest living land animal

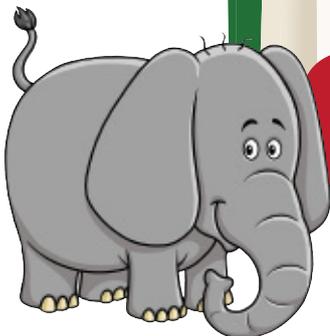
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Keeping a thought diary can be a way of helping you find out the evidence of whether or not something is true and trying to stop the 'shortcut' the less helpful thoughts.

What is the situation?	What is the thought?	How much do I believe this? 1-10	Is it true? What is the evidence?	What would be an alternative thought?	How worried do you feel about this? (1-10)
Going to the shops	That I will catch COVID-19 and become very unwell and go to hospital	6/10	There is a pandemic There are lots of signs telling me about the pandemic I wear my face masks and wash my hands	That I will wear my mask and wash my hands. That even if I catch COVID-19 I will unlikely become very unwell	8/10



Elephant fact
There are two types of elephant, the Asian and the African