

**Anxiety Action Plan**

This action plan aims to help children and young people recognise what may trigger their anxiety, what their warning signs are and what they need to do on a daily basis to minimise their times of worry.

**Anxiety Toolbox**

What strategies and tools do I have to deal with my anxiety? What usually helps? (E.g. colouring, exercise, deep breathing, distraction, positive thoughts)

**My Daily Self-Care Plan**

What can I do each day that I enjoy, to look after my emotional health? (E.g. time outside, listening to music, writing a journal)

Who do I enjoy spending time with and who is positive?

**My Triggers**

What situations/people/emotions make me feel anxious? (E.g. being in groups, feeling embarrassed, speaking in front of others)

How can I deal with these without avoiding them completely?

**My Warning Signs**

How do I know when I am starting to feel anxious? (E.g. are there changes in my body and do I start to do the same thing each time?)

**If I Become Overwhelmed**

Who can I call? What do I need to avoid? How do I calm myself down? ‘This will not last forever’

**Looking Back**

When the situation is over – what worked well? What didn’t work as well? What other things could I try? Do I need to re-write this plan?