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	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Time I went to bed							
Approx. time I went to sleep							
Number of times I woke up							
Time I woke up in the morning							
Time I got up							
Describe my sleep (two words)							
Rating of sleep*							
What techniques I tried to improve my sleep							

*How I would rate my sleep (0–10 where 0 = awful, didn't sleep at all, and 10 = excellent, had good quality sleep for adequate amount of time)

Table 8.1 Sleep chart

My Anxiety Survival Plan

In this chapter, we are going to put together an “Anxiety Survival Plan” which can include information you have collected from the other chapters. The idea is to create an understanding of your own individual anxiety, and think about what can help you to feel more in control of it.

My Anxiety Is...

(Maybe draw a picture or write words.) What would I call it (anxiety/worry/noise)? What shape is it? Colour? Is it a person or an object?

What Can Make Me Vulnerable To Anxiety...

Lack of sleep? Transition or change coming up? Meeting new people/new situations? Lots of difficult things happening at the same time? Studying too much – working too hard?

My Anxious Bodily Reactions...

What do I notice in my body (e.g. breathing speeding up, butterflies in stomach)? (See Chapter 1 for ideas.)

My Anxious Thoughts...

What thoughts tend to pop into my head? (See Chapter 4 for information on “catching thoughts”.) What shortcuts or errors are most likely to catch me out?

My Anxious Behaviours...

What do I tend to do when I'm anxious (e.g. avoiding things, withdrawing, getting cross with myself or others)?

My Triggers...

What kind of situations or things lead to me feeling anxious or worried (e.g. exams, arguments with friends, spiders)?

Times/Places When I Am More Likely To Be Anxious Are...

Am I more likely to be anxious in the morning or evening, day or night, or at weekends? Are there particular times when I will be more anxious such as before an exam? Are there places I am more likely to be anxious such as crowded places where I don't know anyone? At home, school or when I'm out and about? Particular dates or times of the year?

Who I Can Talk To About My Anxiety...

Who are the best people to talk to about my anxiety who can support me through it?

How I Can Let Them Know/What I Can Say If I'm Struggling...

(See Chapter 11 for ideas.)

What I Can Do If My Anxiety Is Feeling Overwhelming...

Think about the skills that I have learned in Chapters 3, 4, 5, 6 and 7, and any more coping strategies that I might have. Thought challenging? Selfsoothing? Mindfulness? (Be as specific about strategies as possible.)

How I Can Help My Body To Feel Calmer...

(See Chapter 7 for examples of strategies.)

How I Can Deal With My Anxious Thoughts...

(See Chapter 6 for examples of mindfulness strategies, or Chapter 4 for thought challenging.)
What alternative, more helpful thoughts (or mantras, or positive coping statements) could I use instead?

Things I Can Do To Reduce My Anxiety...

Is there anything else I can do that helps me to quickly reduce my anxiety?

Who Else Is There To Support Me...

Friend? Family member or carer? Teacher? Helpline? Other trusted person?

What Other People Can Do...

What can other people do that feels helpful when I am anxious? For example, stay with me, give me a hug, buy me some ice-cream, remind me to use my strategies, practise slowing down breathing with me.

It might be useful to look through this plan (and have copies of it if you need to) when you are starting to feel anxious. You might also want to share it with someone close to you, to help them to learn more about your anxiety and know how best to support you. You might also want to share it with school or college. If you let people know when you are struggling, then they can help you to get back on track and you don't have to do it alone.