

## Session 4

### RE-SETTING YOUR SYSTEM

#### Key points

1. Re-setting your system means doing something to change the way your body feels
2. Two ways to reset your system are:
  - active **ACTIVITY**
  - quiet **RELAXATION**
3. When you are anxious, things that you cannot see change inside your body to make your heart beat fast, make you sweat, feel nauseous etc
4. Activity helps you burn off some of the extra energy that is making your body feel strange and restore balance. ***This is like pushing a RESET button!***
5. You can use the **relaxation** technique when you cannot get active to get rid of worry; for example, in school, in the car or at bedtime
6. **Deep breathing** is a quiet way to make your brain and body feel better
7. You can change the channel of worry in your mind by picturing a special happy memory and remembering as many details about it as possible
8. Feeling happy, excited or other good feelings crowds worry out of your mind!
9. The active way to resetting your system will work more quickly
10. The quieter way of resetting your system will take some practice

Adapted from Dawn Huebner's *What to do when you worry too much- A kid's guide to overcoming anxiety*