

Session 5

KEEPING WORRIES AWAY BY BEING THE BOSS OF YOU

Key points

1. Taking good care of yourself helps to keep you strong for fighting worry/anxiety
2. Eating well, sleeping well and exercising daily are ways to take care of yourself
3. Stress is something that can build up when many new things are happening all at once
4. Exercise helps get rid of stress so that our body and mind can be strong
5. One way to be strong in your mind is to know that *you are good at something*
6. We are **ALL** good at something!
7. Find what you are good at and then **DO THAT THING!**
8. It is **impossible** not to be good at anything
9. The more you practice using the fighting worry techniques, the stronger you will become and **BE THE BOSS OF YOU!**
10. You can become the kid who isn't bothered **most of the time** by worries

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