

The worry tree



What are we learning?

Learning outcomes

We are learning about how to recognise signs of worry and actions that can be taken to manage worry.

- identify the signs of worry
- explain ways of managing worry and where to seek support
- worry
- emotions (feelings)
- thoughts (what we think)
- responses (what we do)
- strategies (actions)
- resilience (bouncing back)



The signs of worry...

Daniola is feeling really worried.

How might this feeling of worry show itself?



Thoughts

What might she be thinking?

Physical signs

Where in her body might she feel it?

Actions (or behaviours)

What might she be doing or not able to do because of feeling worried?

Thoughts

What might she be thinking?

I can't cope
what will happen if...,
repetitive thoughts about
possible negative outcomes



Physical signs

Where in her body might she feel it?

- worry might be felt in the stomach, chest, head or throat.
- Physical signs of worry might include a faster heartbeat, dry mouth, sweaty palms, fidgeting, difficulty concentrating, feeling sick or wanting to go to the toilet.
- Physical signs like a stomach ache or headache can be common if the worrying goes on for a long period of time.

Actions (or behaviours)

What might she be doing or not able to do because of feeling worried?

- seeming especially quiet or especially loud
- seeming distant or distracted, changes in sleep or appetite
- avoiding the situation or the people that are worrying her or seeking lots of reassurance from those around her

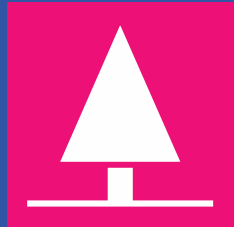
The worry tree



Watch the video

What different types of unhelpful thinking can you spot?

The worry tree

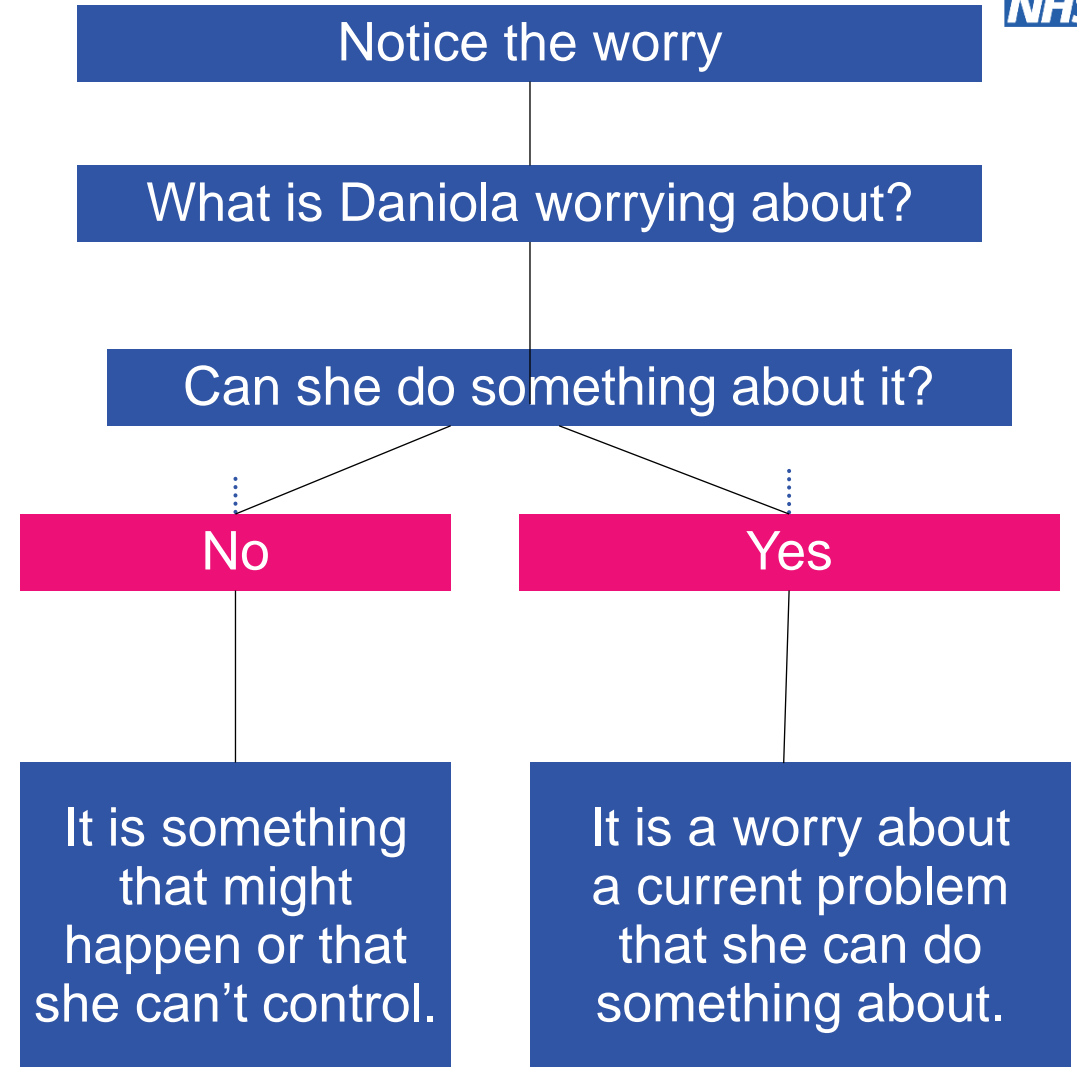


Can you help Daniola with some of her worries?

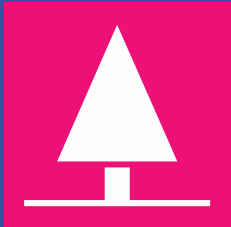
“I’m worried about failing my test next week.”

“I’m worried that people don’t think I’m attractive.”

“I’m worried about another pandemic happening.”



The worry tree



Can you help Daniola with some of her worries?

“I’m worried about failing my test next week.”

“I’m worried that people don’t think I’m attractive.”

“I’m worried about another pandemic happening.”

No

It is something that might happen or that she can’t control.

Try to let the worry go.

Yes

It is a worry about a current problem that she can do something about.

Make a plan!

What? How? When?

Now?

Later?

Do it!

Decide when

Try to let the worry go.

Worry Tree

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Is there anything I
can do about it?

Yes

Can I do anything
right now?

No

Let it Go

Yes

Then, Do It!
(the sooner the better)

No

When can I? (Let it go
until then, then do it!)



Class discussion



What else could Daniola do if the worry is out of her control but she also finds it hard to let the worry go?

What else can help?

Along with writing your worries down and using the worry tree to make a plan where possible, some other things can be helpful in managing worry:

1. Connecting with other people
2. Being physically active
3. Learning something new or getting creative!
4. Showing kindness to others
5. Paying attention to the present moment (mindfulness)



Everybody feels worried or stressed at times.

It is always good to try out the different actions learned in the lesson but if worries get too much, it is important to talk to a trusted adult and get some more help.

Childline:

[childline.org.uk/info-advice](https://www.childline.org.uk/info-advice)

Or call 0800 1111

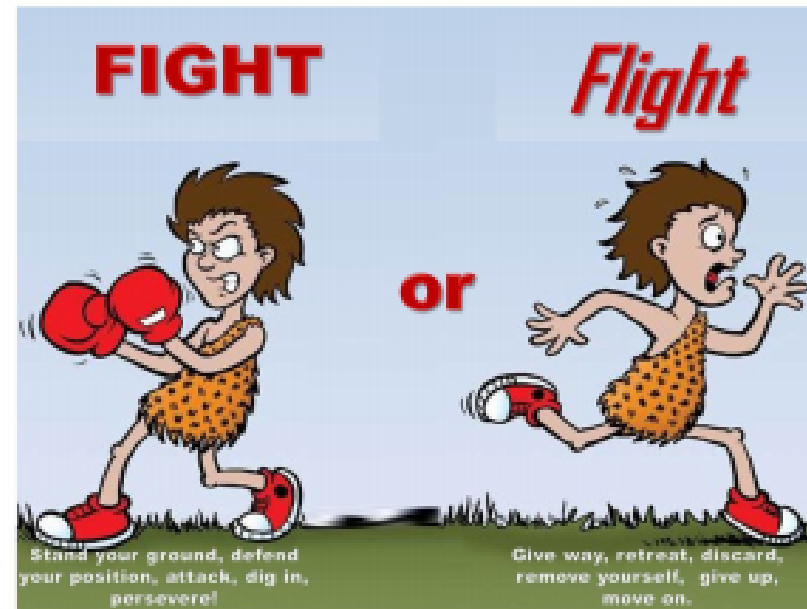
Shout:

Text 85258



What is 'Stress'?

- The adverse reaction people have to excessive pressures and demands placed on them
- Pressure can be motivating but also harmful
- Stress can cause several physical and psychological problems
 - Anxiety/panic attacks
 - Difficulty concentrating
 - Chest pain
 - Sleep problems
 - Increased use of alcohol



What is 'Anxiety'?



- A feeling of unease or dread
- It is normal to have feelings of anxiety or dread at some point in your life e.g. job interview
- Anxiety affects everyone differently. In some people their feelings are more constant and can affect their daily lives
- Anxiety can make a person imagine that things are worse than they really are, and prevent them from confronting their fears

A visible way to cope with our “stress”

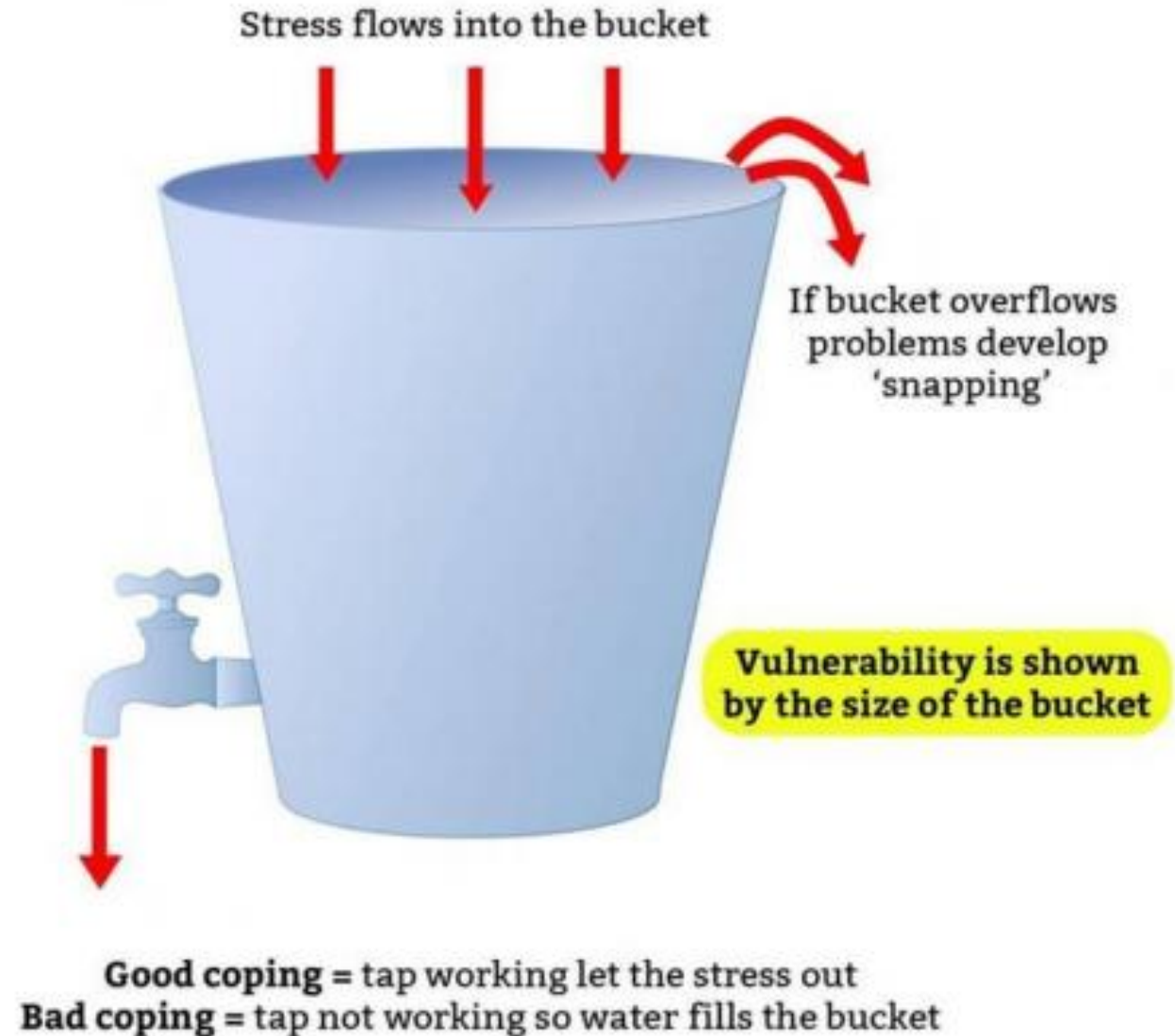
Draw a bucket with a tap at the bottom.

In the bucket write all your worries / concerns etc – this is personal.

Think about the tap – what allows you to let the stress out.

What happens to YOU if the bucket overflows?

Our Stress Bucket



Look at the things in your stress bucket.

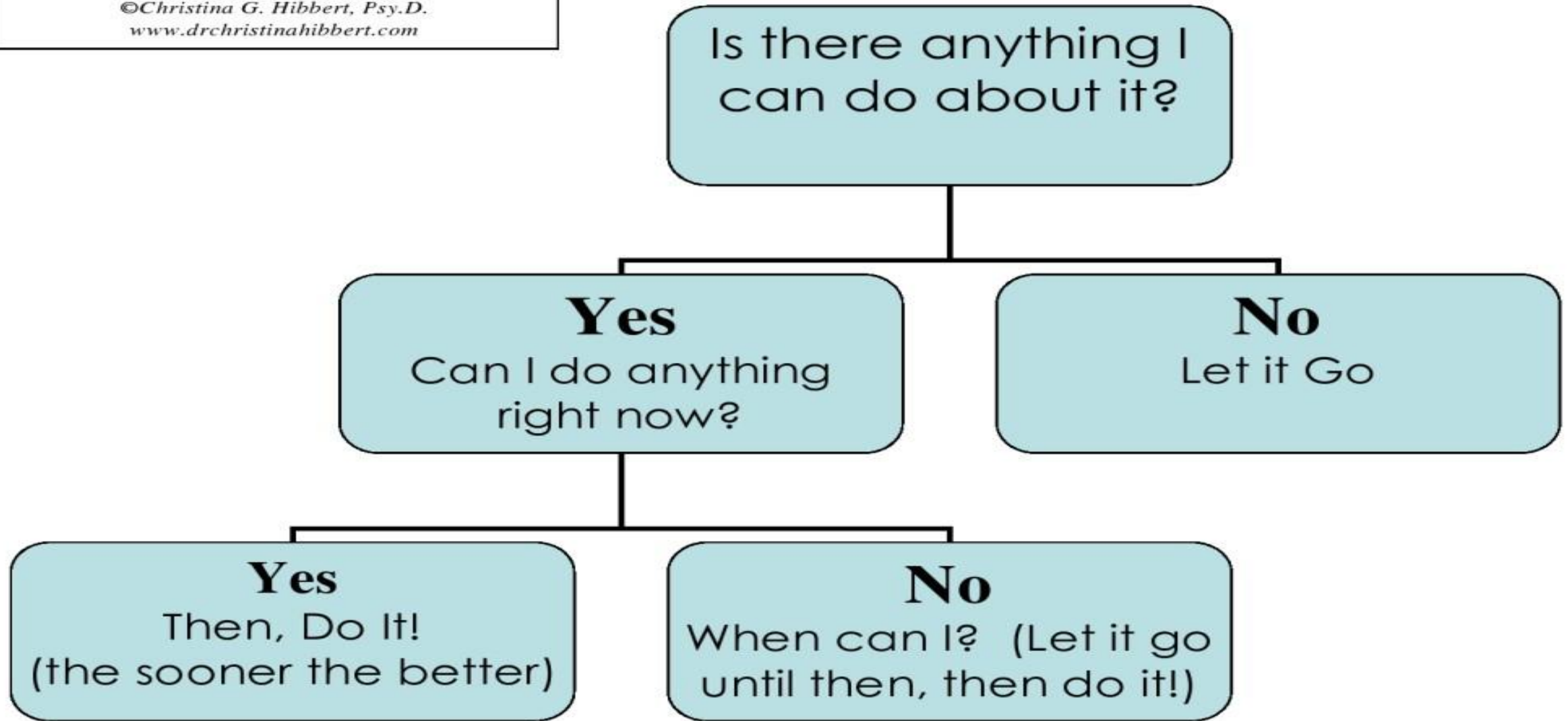
Highlight or underline the things YOU CAN CONTROL

Count up how many you have underlined/highlight.

Look at the rest – You cannot control these, so you shouldn't worry about them – remember the worry tree

Worry Tree

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Build your own resilience



Develop your skills to help you manage and gain greater control of your mental health

- Talk to others
- Don't be afraid or embarrassed to ask for help/advice
- Be kind to yourself: have realistic expectations of yourself, take that break
- Accept and embrace who you are
- Know your triggers
- Consider mindfulness
- Keep active

7 Ways to Reduce the Fear of Failure

by @Inner_Drive
www.innerdrive.co.uk



Address the Problem

Don't be an ostrich and bury your head in the sand. What can you do to make the situation better?

7 Ways to Reduce the Fear of Failure

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No Shame Policy

Be part of a group where failure isn't followed by laughter, ridicule and embarrassment.

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Learn From Your Mistakes

Real failure is someone who has blundered and not cashed in on the experience.

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Don't Bottle It Up
Talk to someone, like a
parent or friend.

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Question Your Fears

Are they actually irrational and highly unlikely to come true?

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Focus on What You Can Control

A lot of the things you worry
about are out of your hands
and potentially down to chance.

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Embrace the Grey

Success and failure shouldn't be seen as black or white. This all-or-nothing thinking can increase stress and anxiety.