

Anxiety Patient Action Plan

You can address anxiety like a stop light: Green is prevention, Yellow is caution and Red means to stop



GREEN/Prevention – there are things you can do to help stop anxiety from happening

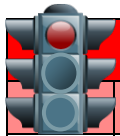
Check 2 – 3 you want to try	Examples and Explanation
Exercise	Walking, biking, swimming, yoga, other: _____
Nutrition	Eat 3 healthy meals per day.
Get adequate sleep	I agree to get to sleep by _____ every night.
Spend time with friends	I will spend time with my friends at _____ at least _____ every week.
Practice Relaxation Techniques: Breathing, guided imagery, progressive muscle relaxation	<ol style="list-style-type: none"> 1. Breathe in slowly through your nose. Make sure it takes at least 5 seconds. 2. Hold for 2 – 3 seconds. 3. Breathe out slowly through your nose or through pursed lips like you're whistling. Take at least 7 seconds.
Identify lifestyle stressors that are controllable	



YELLOW – notice feelings towards anxiety or feeling anxious

What are your first sign(s) that you are feeling anxious? Example: Feel warm, heart beats fast, palms sweaty.

Check 2 – 3 you want to try	Examples and Explanation
Items to assist with stress	<input type="checkbox"/> Apply lotion to hands <input type="checkbox"/> Use stress ball <input type="checkbox"/> Bottle of bubbles <input type="checkbox"/> Other: _____
Guided imagery	
Progressive muscle relaxation	
Reach out to others	I will call, text or email _____ at least _____.
Mental exercise	<input type="checkbox"/> Slow drinks of water <input type="checkbox"/> Count backwards from 100 by 3's <input type="checkbox"/> Contract all your muscles and slowly release them starting with your toes & moving up your body.



RED – how to deal with Panic Attack

To help you with panic attack	Answers
Repeat Yellow items that were helpful and add following techniques:	
Medications	
Identified adult that can help: teacher, counselor, principle	
Counselor contact information	



Tools to Manage Stress (children)

Tools to Manage Stress	Tools you will try	How did this tool work for you?
<p><u>Bottle of Bubbles</u></p> <ol style="list-style-type: none"> 1. Encourage taking slow, deep breaths to get as many bubbles as possible. 2. Do this at least once a day or as often as needed. 		
<p><u>Play-Doh</u></p> <ol style="list-style-type: none"> 1. Knead, roll, pound and shape Play-Doh. 2. Do this at least once a day or as often as needed. 		
<p><u>Textured Cloths</u></p> <ol style="list-style-type: none"> 1. Corduroy and silky cloths work best. 2. Rub a material that feels soothing. 3. Can be kept in a pocket or attached to the top or bottom of a desk. 		
<p><u>Lotion</u></p> <ol style="list-style-type: none"> 1. Give child pump of lotion and ask them to calm self: <ol style="list-style-type: none"> a. Have child give themselves a hand massage b. Parent can give a hand massage 		
<p><u>“Big Daddy” Sunglasses</u></p> <ol style="list-style-type: none"> 1. Can help a child discuss things that are scary or embarrassing. 2. Give a pair of big, inexpensive sunglasses to help provide some distance for the worries or fears. 3. Once the sunglasses are on, no one can “watch” him/her talk about the “scary” thing or embarrassing behavior. 		
<p><u>Superpower Hands</u></p> <ol style="list-style-type: none"> 1. Ask child to show how to make fists. 2. After making fist, hands rise up and muscles tense. 3. Have child give complete opposite response, relaxing hands. 4. Superpower hands relax. 		
<p><u>Superhero Comic Books or Movies</u></p> <ol style="list-style-type: none"> 1. Have the child choose a favorite superhero comic book or movie. 2. Ask the child to describe the superhero and their superpowers. 3. Have the child take on the superhero’s power and use it to get through the scary situation. 		
<p><u>Music</u></p> <ol style="list-style-type: none"> 1. Have the child listen to soothing, relaxing and meaningful music before a stressful situation, to calm after a stressful situation or at the end of the day to relax and help get to sleep. 		
<p><u>Other:</u></p>		



Tools to Manage Stress (adolescent)

Tools to Manage Stress	Tools you will try	How did this tool work for you?
<p><u>Bottle of Bubbles</u></p> <ol style="list-style-type: none"> 1. Encourage taking slow, deep breaths to get as many bubbles as possible. 2. Do this at least once a day or as often as needed. 		
<p><u>Stress Ball or Cloth</u></p> <ol style="list-style-type: none"> 1. Obtain stress ball or comfortable cloth. 2. Squeeze ball or rub material when feeling stressed. 3. Can be kept in a pocket, bookbag or purse. 		
<p><u>Lotion</u></p> <ol style="list-style-type: none"> 1. Give child pump of lotion and ask them to calm self: <ol style="list-style-type: none"> a. Have child give themselves a hand massage b. Parent can give a hand massage 		
<p><u>Breathing</u></p> <ol style="list-style-type: none"> 1. Breathe in slowly through your nose. Make sure it takes at least 5 seconds. 2. Hold for 2 or 3 seconds. 3. Breathe out slowly through your nose or through pursed lips like you're whistling. Take at least 7 seconds. 		
<p><u>Counting</u></p> <ol style="list-style-type: none"> 1. Count back from 100 by "3" until feeling more relaxed. 		
<p><u>Walk Away</u></p> <ol style="list-style-type: none"> 1. If able, walk away from situation. 2. Take a breath. 3. Get help if needed from family, teacher, trusted adult. 		
<p><u>Count Heart Rate</u></p> <ol style="list-style-type: none"> 1. Count heart rate for 60 seconds. 2. Take 3 slow deep breaths. 3. Re-count heart rate for 60 seconds. 		
<p><u>Music</u></p> <ol style="list-style-type: none"> 1. Listen to soothing, relaxing and meaningful music: <ol style="list-style-type: none"> a. Before a stressful situation b. To calm after a stressful situation c. At the end of the day to relax and help get to sleep 		
<p><u>Other:</u></p>		

Check this link out for top anxiety apps:


<https://www.healthline.com/health/anxiety/top-iphone-android-apps>

Progressive Muscle Relaxation

Whole Body Script

What is muscle relaxation?

Use of relaxation and mental visualization to help with relaxation and/or feeling better in your body. To begin, start somewhere quiet and safe. Follow steps 1 – 10 consecutively.



- 1 Forehead**
 Scrunch up your forehead like you are thinking hard! Squeeze it tighter, tighter! Now you can relax. (hold for around 10 seconds)
- 2 Eyes**
 Squeeze your eyes tight like you are about to blow out the candles on your cake and make a wish! No peeking! (10 seconds)
- 3 Cheeks**
 Puff your cheeks out as far as you can! Make them bigger, like you have a mouth full of food! Now, relax (10 seconds)
- 4 Mouth**
 I want you to pretend you are chewing a really big piece of gum! It's really hard to chew, but keep chewing! (10 seconds)
- 5 Shoulders**
 I want you to try and touch your shoulder blades together! Squeeze tighter, you're almost there! Now you can relax (10 seconds)
- 6 Arms**
 I want you to make your arms as straight and stiff as possible! Pretend you are frozen! Now you can relax (10 seconds)
- 7 Lower Back**
 Sit up super straight and try to be as tall as you can! Taller! Taller! And now relax (10 seconds)
- 8 Legs**
 I want you to make your legs as straight as you can! Pretend you are frozen again! Now you can relax (10 seconds)
- 9 Feet**
 I want you to press your feet into the ground as hard as you can! Push, Push! And now relax (10 seconds)
- 10 Toes**
 Pretend you are at the beach, and squish your toes in the sand! So squishy! And now relax (10 seconds)

Check this exercise out on YouTube:

<https://tinyurl.com/pedcentermusclerelaxation>

Guided Imagery

What is guided imagery?

Use of relaxation and mental visualization to help with relaxation and/or feeling better in your body. For most people, the more you use guided imagery the better it works.

Here are steps so you can create your own:

1. Get into a comfortable spot.
2. Eliminate as many loud noises, TV or other people that will distract you.

NOW...

3. Take slow, deep breaths. Let them go down to your belly. Allow yourself to relax more and more with each deep breath.
4. Imagine yourself somewhere in your favorite spot: _____
5. Describe this place: _____

Question	Possible Ideas	Answers	
What do you see?	Trees, meadow, water, clouds		
What do you smell?	Flowers, cookies, clean air		
What does it feel like?	Warm, cool, sun on your face		
What do you hear?	Wind, birds, music, water		
How does it make you feel?	Relaxed, fearful, angry, happy, sad, hopeful, anxious, frustrated, scared		

6. In safe place, see your worries, your fears or your sadness. Describe what it looks like. What color is it? What shape is it?

Question	Possible Ideas	Answers
What does your worry look like?	Star, box, sun, shape, fire, powder	
What does your fear look like?	Rock, hammer, runner, chicken	
What are their colors?	White, red, blue, green, yellow, orange	
What is their shape?	Rectangle, circle, box, spiral, oval	

Now...

7. Transform your worries, your fears or your sadness... The color or shape is changing and your fear, worry or sadness is leaving bit by bit... as you take each deep breath.
8. Continue to breathe and imagine the changes.
9. Now leave your worries behind and return to your favorite spot.
10. Slowly take 3 breaths and leave your favorite spot behind to be revisited any time you need.
11. Take a cleansing breath and come back to your day.

Some Guided Imagery you might try:

<https://tinyurl.com/pedcenterguidedimagery1>

<https://tinyurl.com/pedcenterguidedimagery2>

