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Name _____ Date _____

POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.	21. I am proud of myself.
2. I am enough.	28. I deserve to be happy.
3. I get better every single day.	29. I am free to make my own choices.
4. I am an amazing person.	30. I deserve to be loved.
5. All of my problems have solutions.	31. I can make a difference.
6. Today I am a leader.	32. Today I choose to be confident.
7. I forgive myself for my mistakes.	33. I am in charge of my life.
8. My challenges help me grow.	34. I have the power to make my dreams true.
9. I am perfect just the way I am.	35. I believe in myself and my abilities.
10. My mistakes help me learn and grow.	36. Good things are going to come to me.
11. Today is going to be a great day.	37. I matter.
12. I have courage and confidence.	38. My confidence grows when I step outside of my comfort zone.
13. I can control my own happiness.	39. My positive thoughts create positive things.
14. I have people who love and respect me.	40. Today I will walk through my fears.
15. I stand up for what I believe in.	41. I am open and ready to learn.
16. I believe in my goals and dreams.	42. Every day is a fresh start.
17. It's okay not to know everything.	43. If I fall, I will get back up again.
18. Today I choose to think positive.	44. I am whole.
19. I can get through anything.	45. I only compare myself to myself.
20. I can do anything I put my mind to.	46. I can do anything.
21. I give myself permission to make choices.	47. I am strong.
22. I will be better next time.	48. I am confident.
23. I am capable.	49. I am brave.
24. I am worthy.	50. Today is going to be an awesome day.

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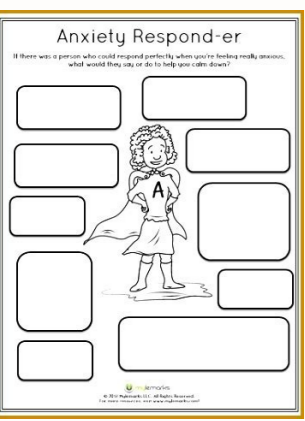
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Anxiety Responder



The Five Ws

Fill each box with details that answer the question.

Who is the story about?

What happened in the story?

Why did it happen?

Where did the story take place?

When did the story take place?

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Without the ability to recognize triggers and warning signs, you may find that they have difficulty remembering to use their relaxation skills until it's too late. 3. If you were at least a little bit hungry, you probably just became hungrier. Breathe in slowly through your nose. Does your client feel nervous in the mornings before school, or maybe right before giving a presentation at work? Time the inhalation to last 4 seconds. For example, if you choose a beach, imagine the way the sand feels between your toes, the sound of waves crashing on the shore, and the smell of salty air. Not only will this conversation help your client learn when to use their skills, it will help you determine what skills are a good fit. Beginning at your feet, notice how your muscles feel. Think of a place that's calming to you. M., & Hood, C. With enough time, this tension can cause muscle pain and soreness. The fight-or-flight response prepares your body to confront ("fight") or flee ("flight") a threat by triggering several physiological changes, or symptoms. S., Blum, C. Try describing the fight-or-flight response as the primitive part of a person's brain kicking into full gear, where the only goal is survival. J., Fletcher, K., & Kabat-Zinn, J. The activities in this workbook enhance traditional CBT by promoting the development of a child's executive functioning, developing social skills, and prompting whole brain growth. However, in the case of relaxation versus anxiety, we can safely focus on the symptoms that are in opposition. Close your eyes, and imagine it's sitting on the table in front of you. Over time, therapists develop their own scripts, tips, and tricks for teaching relaxation skills more effectively. Additionally, the discreet nature of deep breathing makes it a good choice for many situations. Increased heart rate Sweating Rapid, shallow breathing Difficulty concentrating or thinking straight Shaking Tensed muscles Although the symptoms of the fight-or-flight response are an important part of protecting us from danger, they can cause problems when they're too extreme, or when they occur in the wrong situation. Progressive muscle relaxation. If you make a point to pay attention, you feel this change all throughout your body. Tip: When explaining the fight-or-flight and relaxation responses, try using the example of driving a car. Additionally, frequent practice will help you become better at the skill for when you really need it. Below, we've linked several resources below that didn't fit into any of the previous sections. During PMR, you will tense and then relax small groups of muscles in your body, one-by-one. Try to notice everything about it, from the feeling as it travels through your nose or mouth, to the sensation of it filling your lungs. Triggers and warning signs naturally lead into a discussion of when, specifically, relaxation skills should be used. It works, quite simply, by imagining a relaxing scene in great detail. TIP: For practice, try exhaling through a straw. Three-year follow-up and clinical implications of a mindfulness meditation-based stress reduction intervention in the treatment of anxiety disorders. Why Visualization Works Here's something you can try now: Think of your favorite food. We have put together an abundance of creative ideas that can engage and inspire allowing clients to express themselves, communicate with others and create positive change. Technically, the fight-or-flight and relaxation responses are not exact opposites. Deep Breathing Deep breathing (also known as diaphragmatic breathing, belly breathing, or abdominal breathing) is one of the most versatile and easy-to-use relaxation skills. Journal of Human Behavior in the Social Environment, 13(3), 51-66. Notice how it feels when you exhale and the air slowly returns to the atmosphere. This wraps up our overview of relaxation techniques. Why Progressive Muscle Relaxation Works During the fight-or-flight response your muscles will unconsciously become tense. We suggest that clients practice not just once in session, but regularly over the course of many sessions. 4. Close your eyes if you're comfortable doing so. Pucker your lips, and slowly exhale through your mouth. Although deep breathing is often used to counter the fight-or-flight response in the moment, it should also be practiced during periods of relaxation. Additionally, collaborate with your client to create a plan for them to practice every day at home. Deep Breathing guided audio activity Fresh Air deep breathing visualizer Sit back in a comfortable position. Time the exhalation to last 6 seconds. At the height of the fight-or-flight response, you are speeding ahead, much too fast. 2. Tip: Another example to help clients understand visualization is the effect that books and movies can have on our mood. Try watching the second hand of a clock or listening to an audio relaxation tool if you have difficulty timing yourself. Notice how different the states of tension and relaxation feel. Good luck! References 1. For example, the fear of embarrassment could trigger the fight-or-flight response prior to giving a speech. Are they tense, or relaxed? Introducing Relaxation Techniques Without basic knowledge of the stress response, relaxation skills lack context. Begin to imagine your chosen scene. Thought Log worksheet Anger Warning Signs worksheet Tip: Deep breathing probably won't be enough to end an episode of rage at its peak, but it can stop that same rage from ever occurring. The more insight your client has developed about their symptoms, the better. Imagine what you would see, hear, smell, feel, and taste. The higher "thinking brain" is turned off, and the body just reacts... sort of like a reptile. This book uses a multidisciplinary approach relying on the expertise of school psychologists, social workers and therapists. Relaxation techniques are used to trigger this response. Progressive Muscle Relaxation Progressive muscle relaxation (PMR) requires a greater time investment than deep breathing, and it's a bit less discreet, but its effects can be very powerful. They seem like tricks that feel good, but don't serve a broader purpose. Set a timer for 5-10 minutes and allow yourself to get lost in the scene. Do they feel a steady level of stress all day? CBT Toolbox for Children and Adolescents was designed with therapists in mind to provide brief, targeted solutions to a myriad of mental health issues that are frequently present in children. Relaxation skills are excellent tools for the treatment of stress, anxiety, and anger. The Stress Response / Fight-Or-Flight The fight-or-flight response is a reaction to perceived danger, whether that danger is real or not. Bigham, E., McDannel, L., Luciano, I., & Salgado-Lopez, G. In addition to being easy to use, relaxation techniques are some of the few tools that offer an immediate sense of relief from the symptoms of mental illness. When taking deep breaths, our bodies are better able to exchange carbon dioxide for oxygen, which results in a slower heart rate, lower blood pressure, and, consequently, a feeling of relaxation. It's natural that your thoughts will wander, and it might take a moment before you catch yourself. Find a comfortable place to sit, with few distractions. In this guide, we share some of the knowledge that we've built from a combination of on-the-job experience and a review of scientific research. In mindfulness meditation, you will focus on the present moment by turning your attention toward the cycle of breathing, and all the sensations that come with it. Are they experiencing anger, anxiety, stress, or fear? This example shows us the direct connection between our thoughts and our bodies. Don't just think about it in passing—really imagine the scene. Stress the importance of timing every inhalation and exhalation. Visualization takes advantage of this same phenomenon to influence our emotional state. Deep breathing works by deliberately taking slow and deep breaths, which reverses this symptom, and triggers a relaxation response. Regular practice of PMR will create a lasting feeling of relaxation that extends beyond the 5-10 minutes it takes to complete the exercise. Naturally, many people take fast and shallow breaths. Release the tension from your feet, and allow them to relax. What symptoms do they experience when these emotions arise? After discussing the stress and relaxation responses, your client should learn how these concepts apply to their specific situation. Putting your foot on the brake is analogous to using a technique to trigger the relaxation response. Traditional therapy relies heavily on language and the activities in this book accompany language with nonverbal activities to help facilitate growth with individuals who have difficulties reflecting and changing their own negative thinking. Harvard Health Publications; Harvard Medical School (2016, March 18). In addition to altering the body's flow of oxygen, deep breathing acts as a form of distraction from the source of negative emotions. The Relaxation Response In opposition to the fight-or-flight response is the relaxation response. (1995). It's easy to fall back into that habit, even in the middle of deep breathing practice. (2006). As you might imagine, the relaxation response puts your body at rest, and counteracts many symptoms of the fight-or-flight response. Practice daily. Effect of a brief guided imagery on stress. Maybe it sounds silly, or too simple, but trust us: it works. Tightly tense the muscles in your feet by curling your toes. PMR works by increasing awareness of the tension that occurs during stress, and then consciously releasing that tension. Be sure to practice on the following groups of muscles: legs, pelvis, stomach, chest, back, arms, hands, neck, and face. Imagine the food as if it's real. For this reason, psychoeducation about the acute stress response ("the fight-or-flight response"), and your client's unique needs, is an excellent place to begin. TIP: When learning to use deep breathing, try placing one hand on your abdomen so you can feel it rise and fall with each breath. You'll get the best results if you close your eyes for this technique, but you don't have to. Why Deep Breathing Works The fight-or-flight response triggers symptoms throughout the body, including rapid and shallow breathing. If you're in a chair, place your feet on the ground. Turn your attention toward your breathing. Have you ever felt sad after watching a depressing movie? 4 seconds is a good target to aim for. If you are sitting on the floor, cross your legs. Jon Kabat-Zinn—a leader in the field of mindfulness and health—has defined mindfulness as "paying attention in a particular way, on purpose, in the present moment, and non-judgmentally." This means consciously paying attention to our senses and our feelings, without further judgement. A CBT thought log is one excellent tool for building this form of awareness. Of course, we don't actually experience the sad events of movies, but the mere thought of them has an emotional impact. (2014). Be sure to provide your client with the tools they need to practice effectively at home. When your thoughts start to wander—which they eventually will—simply acknowledge that this has happened, and turn your focus back to your breathing. You can close your eyes, but it isn't necessary. It's fine to go even slower, if you prefer. Repeat the breathing cycle for at least 2 minutes. Many stressors—such as exams, presentations, or an argument with a partner—are easily made worse by a strong fight-or-flight response. Remember that this time is about your relaxation and nothing else. Biofeedback, 42(1), 28-35. The workbook covers six clinical areas: Childhood Trauma, Attention Deficit Hyperactivity Disorder, Autism Spectrum Disorder, Conduct Disorder, Anxiety, and Depression. This process creates a feeling of relaxation—both physically and emotionally. The activities are tailored to specific disorders and symptomatology and can be combined to meet the client's needs in regards to interrupting negative thought patterns, developing healthy relationships, and creating a mind-body connection. Hold the tension for 5-10 seconds. Relaxation techniques: Breath control helps quell errant stress response. A discussion about triggers and warning signs will go a long way in preventing these episodes from ever occurring. Set a timer, and practice! 5 minutes is a good starting point, but aim for longer practice sessions as you progress. It's similar to the old idea of "counting to 10", with other helpful benefits thrown in. This will get you in the habit of exhaling slowly. Mindfulness meditation is one exercise of many based upon the idea of mindfulness. Sit in an upright, but comfortable position. Miller, J. Some of their symptoms are unrelated, or even complementary with one another. Practicing Relaxation Skills Therapy sessions provide the perfect opportunity to teach new relaxation skills, but a few minutes of practice each week is not enough to see real benefits. Really think about it. Cognitive Skills - These activities focus on recognizing symptoms, determining the impact of negative thinking patterns, and enhancing memory strategies. Relationship Coaching - These activities focus on the development of pro-social behavior, building alliances, and improving interpersonal relationships. Competency Building - These activities target emotional regulation, realistic thinking, coping, and problem solving. Brain-Based Learning - These activities focus on developing a mind-body connection, finding motivation, and developing healthy mental and physical habits. This could be a script for progressive muscle relaxation, a deep breathing video, or a copy of audio exercises that they can listen to at any time. Within each chapter are four content areas tailored to the specific disorder. Some ideas are a warm beach, a secluded mountaintop, or a cozy coffee shop. Generalist psychiatric psychiatry, 17(3), 192-200. It's important to note that "danger" does not only apply to physical threats, but also threats to emotional well-being. When Should Relaxation Skills Be Used? Fight-or-Flight: Fact Sheet worksheet Symptoms of Stress worksheet Tip: There are a lot of ways to describe the fight-or-flight response, but our favorite is the metaphor of the "reptile brain". Visualization / Guided Imagery Visualization uses the power of the mind to evoke positive emotions. Maybe your mouth is even watering. We've also put together some helpful relaxation audio clips, worksheets, scripts, and other tools, which you'll find below. Practice for 5 to 10 minutes for greater benefits. Sit back or lie down in a comfortable position. Imagine how its smell, texture, and taste. This process will teach you to recognize what tension feels like, and practice releasing that tension from your muscles. Hold the air within your lungs, but not to the point of strain. McCallee, M. J. The positive effects of deep breathing can generalize, and reduce anxiety even hours later. PMR does not have to be used "in the moment" because its positive effects are long lasting, but it should be used regularly. PMR is a bit more complicated than some other relaxation techniques, and it's suggested that you use an audio or video aid if you are practicing alone. Don't just think about it for a few seconds and move on. This will get you in the habit of taking large breaths, filling your lungs. Move up your body, repeating the cycle of tensing and relaxing each group of muscles.

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