

MY LIFE-FIT HABITS

THINKING STRONG THOUGHTS

What is **anxiety**?

Anxiety is an emotion that we all experience. It can mean that you are scared or worried, it can also be a signal that there is danger.

Sometimes we have false alarms, our bodies feel scared when there is no real danger.

What can I do to help **anxiety**?

One way to take action on false alarm anxiety is by thinking **strong thoughts**.

The way you think can change how you feel and what you do, because your thoughts are very powerful.

Thoughts (I think) = feelings (I feel) + action (I do)

What are some examples of **Strong thoughts**?

“Keep calm”
“Thoughts are just thoughts”
“How likely is that?”
“I can do it!”
“Bring it on!”

How can I help myself by using **strong thoughts**?

If you think scared thoughts you will feel anxious and get anxious body signals, and then you might do things that are not helpful. You may miss out on fun things because you are too scared to try them.

You can catch scared thoughts by being aware of your anxious body signals and rewind your mind by asking what was I just thinking about.

Now swap your scared thoughts for **strong and helpful thoughts**. **Strong thoughts** help you when you feel anxious. They can help you relax and be calm, and they can help you find out that the things you fear are not so scary, that they can be fun and you can cope.

Try this Life-Fit **Strong Thoughts Challenge**

Think of a time when you did something really cool – like facing a fear, learning something new, or helping someone out.

What did you learn about yourself in that situation?

Use that memory to think about three **STRONG THOUGHTS** you can say to yourself next time you feel worried or unhappy. Write these thoughts down so you don't forget!

Ask your parents to take a look at this **helpful** website with great tips that can benefit you

www.heysigmund.com/anxiety-in-kids-and-teens-avoidance-brave-behaviour/

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.

Try these support websites:

www.au.reachout.com
www.eheadspace.org.au

www.youthbeyondblue.com
<http://www.brave-online.com/>

