

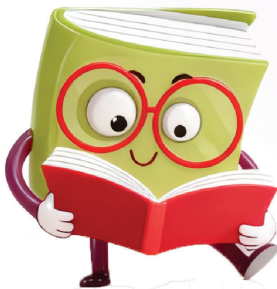


השירות
הפסיכולוגי החינוכי

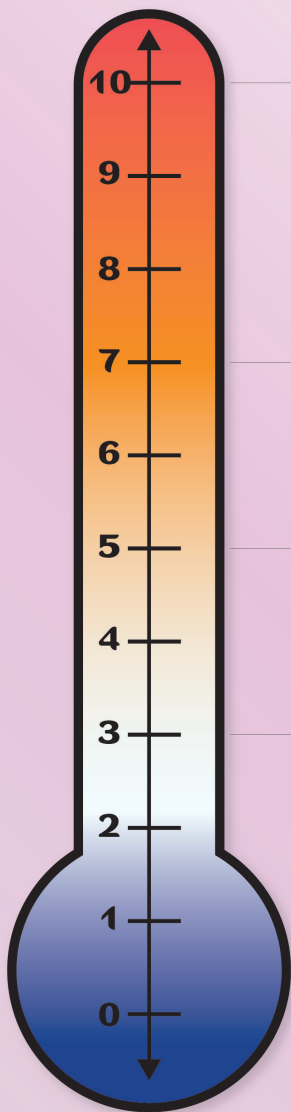


My Anxiety Kit

Name: _____



My Stress Meter



....The most anxious I've ever felt.



....I'm feeling very anxious and uncomfortable. It's hard to keep going.



....Some stress. It's uncomfortable but I can manage.



....A bit stressed.



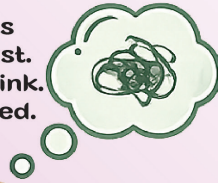
....Totally calm.



Your stress number tells us how you feel inside. Tell an adult your number so we can help you feel calmer together!

My Body's Alarm System

My thoughts
are racing fast.
It's hard to think.
I feel confused.



It feels like
I'm looking
through
a narrow tube.
Things look
different now.



It's hard
to listen
to what people
are saying



My mouth
feels dry.
My throat
feels tight



My heart
is thumping
fast like
a drum.
My chest
feels tight.
I feel out
of breath.



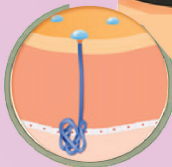
It feels like
the hairs
on my arms
are standing up.



I feel
butterflies
or a tight
knot
in my tummy



I am sweating a lot



I suddenly
need the
bathroom



My arms and legs feel stiff and tight.
I am shaking.

**Your Body's Alarm feels very loud, but it isn't dangerous.
It's just your body trying to protect you**

What is Anxiety?

● Your Body's High-Tech Alarm

Anxiety isn't a problem. It is actually your Body's Alarm System. It turns on whenever your brain identifies a threat. A healthy brain is like a guard that triggers the alarm for real threats or emergencies to keep you safe and alert.

● Different Volume Settings

Every person has a different "volume" on their alarm.

- Some children have an alarm that is very loud and goes off easily.
- Others have a quieter alarm.
- Both systems are healthy and normal! It just means your brain is doing its job to watch over you.

● Changes in the Body and the Mind

When the alarm is on, your brain and body work differently to protect you. These changes are your body getting ready for action:

- Your Body: Your heart pumps fast to send blood to your muscles so you can move quickly. Your breathing speeds up to give you extra oxygen. Our muscles get tight and ready for action.
- Your Mind: Your thoughts might start racing very fast. This is your brain's way of scanning for danger. It can make it hard to concentrate or cause you to feel jumbled and confused.

● Uncomfortable, But Safe

Even though your body's alarm is very helpful, it can feel unpleasant and scary sometimes. It is okay to feel upset when your alarm is loud. Many children and adults feel the same way. But remember: even when the alarm is very loud, you are not in danger!

- It will not make you go crazy or faint.
- It will not hurt your heart or your brain.

● The 20-Minute Rule

Your body knows how to calm itself down. Even if the alarm is screaming, you will usually feel much calmer after about 20 minutes. Your body is designed to calm itself down if you give it time.

● After a Frightening Event

After something very frightening happens, your alarm system might stay extra sensitive for a few days to keep you safe. Your "Security Guard" is on high alert, looking for any sign of trouble.

Because of this, small things—like a normal noise or a sudden movement—might set off a False Alarm, even though there is no longer a real danger. This is a natural and healthy reaction. It is your body's way of being extra careful, and it usually passes after a few days.

● Being Brave with False Alarms

Sometimes, we have to be brave and face these False Alarms. You might feel a bit nervous to go back to your normal routine, or walk down the street, even when you know you are safe.

- The Trick: Thank your body for its sensitive alarm, and then do the activity anyway! When you move forward even when you feel a little nervous, you teach your alarm system that you are safe.

● We Are Here to Help

Many children find it helpful to get some extra help to handle these feelings and overcome False Alarms. If you need a hand, your parents or teachers can support you. You can also talk to us at Educational Psychological Services. We are here to help you feel confident and secure again.