


# Worry management

Information for children and  
young people



Worry management is a set of techniques to help reduce the impact of worrying or to solve practical problems.

Worry is a normal process that we all experience from time to time, however sometimes worry can become overwhelming and impact our ability to manage day to day.

Worry can be maintained by safety behaviours such as avoidance or distraction.

# The worry tree

This is used to support you in identifying the type of worry you are experiencing.



# Fight, flight, freeze

The fight, flight or freeze system is like our internal alarm system that detects threat and responds quickly with lots of physiological changes in the body.

These changes happen automatically and are outside of our control.

## **Keeping a worry diary**

As part of your sessions, you will be asked to keep a worry diary. It can be difficult to capture worries because it isn't something we do in our day to day lives. By keeping a diary, you can begin to notice the worries that are making you feel anxious.



**Hull Mental Health  
Support Teams**

[www.howareyoufeeling.org.uk](http://www.howareyoufeeling.org.uk)