

Anxiety - Intervention Pack

This intervention pack has been developed by the CAMHS Primary Mental Health Team for use in by school staff and healthy family team practitioners.

It has been designed to guide support sessions for children and young people who may be experiencing symptoms of anxiety. It includes a selection of worksheets and a range of interventions.

Activities should always be tailored to meet the individual's needs.

This is intended as a guide only and we would suggest regular review of symptoms and discussing any concerns you may have with your colleagues and the Primary Mental Health Team where necessary

Session 1- Engagement

- Solution Focussed Workbook
- Goals setting

Session 2 – Normalise Anxiety

- Worksheets to support education around anxiety, start to think about thoughts, feelings, behaviours and physical symptoms of anxiety
- Body Map
- Fight and Flight
- Hot Cross Bun Exercise
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Session 3- Behaviour

- Changing my Behaviour Workbook
- Ladder Exercise
- ABC worksheet

Session 4 – Thinking about Thinking

- Thinking Styles/Thought matching exercise
- Various worksheets to help explore thinking styles
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Session 5- Exploring Feelings/Problem Solving and Coping

- Problem solving worksheet
- Well-being Action Plan
- Various Coping Strategies

Session 6 – Endings

This session is about reviewing the sessions and planning for the future

- Review goals set in the first session
- Relapse prevention
- How to relax quick
- Resilience planning
- Celebration and certificate