



Anxiety action plan

When your smoke alarm goes off what can you do?



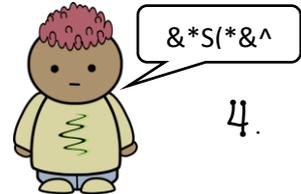
1. Star breathing(Use your star to calm down).



2. What are you thinking?



3. What evidence is there that this will happen or is true?



4. What advice would I give a friend?



5. How important will this be in 6 months' time?



6. Has this happened before? How did it turn out? Was it ok in the end?



7. Think about the worry tree! Can you do anything about the situation? If not, then let it go! If you think you can do something about the situation, then make a plan!