

ANXIETY - TOOLS

NAME IT

- What are you feeling?
- What are you fearing?

EXPLORE IT

- What are you believing?
- What are you needing?

REASSURE IT

- Answer the “what if”
- Come back to what is
- What is the most likely case scenario

RESPOND TO IT

- Wisely engage rather than avoid

MENTAL HEALTH
SEMINARS



mindhealth.org

24/7 SUPPORT
5-25 YEARS



1800 55 1800

kidshelpline.com.au

NAME IT

- What are you feeling?
- What are you fearing?

EXPLORE IT

- What are you believing?
- What are you needing?

REASSURE IT

- Answer the “what if”
- Come back to what is
- What is the most likely case scenario

RESPOND TO IT

- Wisely engage rather than avoid

MENTAL HEALTH
SEMINARS



mindhealth.org

24/7 SUPPORT
5-25 YEARS



1800 55 1800

kidshelpline.com.au

Download these
tools to your phone



ANXIETY - TOOLS