

TAMING YOUR SCAREDY CAT:

Learning to Live with Anxiety

RESOURCE WORKSHEETS YEARS 10-12

INTRODUCTION

Stress can sometimes feel like a sneaky companion that follows you around.

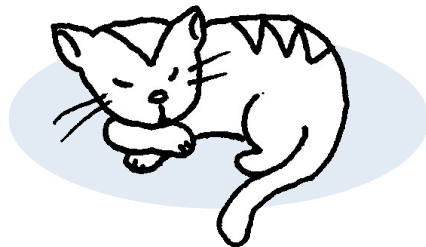


On your first day of school, before an exam or giving a speech, and it can even surprise you during your daily routine.

Sometimes it sits quietly, and is super-chilled, and other times, it will try to tear us to pieces.

Sometimes, we're so caught up in feeling anxious or stressed that we don't realise how intense it has become.

Taming Your Scaredy Cat: Learning to Live with Anxiety is designed to help you understand stress and anxiety, and to give you some ideas on how to manage it.



We hope you find the suggestions helpful.

If you would like more information, ask your parent/s to visit our website:

bloomingminds.com.au



Additional resources on our website can be accessed by scanning the QR code.



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Worksheets, Years 10-12

Now that you've read Taming Your Scaredy Cat: Learning to Live with Anxiety, let's see if you've learnt some new information about managing stress and anxiety.

1. *What is the difference between stress and anxiety? Or are they the same?*
 - a. *Tip: see page 9.*

2. *What is the difference between Eustress (the type of stress that helps us perform) and Distress?*
 - a. *Tip: see page 11.*

3. *What part of the brain governs our stress levels?*
 - a. *Tip: see page 13.*

4. *What does the hormone cortisol do?*
 - a. *Tip: see page 13.*



5. *Look at the illustration on page 15 of the book. What are some of the signs that our bodies are experiencing stress?*

6. *Describe some instances when you may have felt stressed or anxious?*
a. *Tip: see pages 2-6.*

7. *Which activities from the book do you think would help to calm you down or help you feel more in control of your emotions?*

8. *Who could you go to for help if you need help managing your stress levels or anxiety?*
a. *Tip: Name some adults who you trust that you could talk to about how you're feeling.*



9. Which activities from *Taming Your Scaredy Cat ...* could you easily do at home, or with a friend or family member? List at least 5 activities you could do.

a. Tip: see pages 33-38 and 43-48.

10. Which suggestions from the book could you use when you are at school and feeling anxious?

a. Tip: see page 28, 34 & 40.

11. If a friend or classmate says they are feeling anxious or stressed, what can you say to make them feel better and to show your support?

a. Tip: see page 25.

12. Write some examples of what you shouldn't say or do.

a. Tip: see pages 19-23.



13. *How can you be kind to your body when you're feeling stressed?*

a. *Tip: see pages 34, 40 and 41.*

14. *Do you have any questions you'd like to ask after reading the book?*

a. *Write down 2-3 questions and who you could ask for answers to these questions.*

15. *What are some of the ideas you've learnt from the book that you can use in your own life?*

a. *Write down 2-3 ideas.*

16. *Write a summary paragraph of the book, focusing on how to live with anxiety.*

