

# R



## Responsible



Developing self-care skills

Helping with chores

Recognising rules

Helping others

Planning and organising

Doing things for ourselves

### Taking an active role in their care setting and community



# "I" Statements

When a person feels that they are being blamed—whether rightly or wrongly—it's common that they respond with defensiveness. "I" statements are a simple way of speaking that will help you avoid this trap by reducing feelings of blame. A good "I" statement takes responsibility for one's own feelings, while tactfully describing a problem.

"I feel *emotion word* when *explanation*."

- ✓ "I feel..." must be followed with an emotion word, such as "angry", "hurt", or "worried".
- ✓ Careful wording won't help if your voice still sounds blaming. Use a soft and even tone.
- ✓ In your explanation, gently describe how the other person's actions affect you.

## Examples

<b>Blaming</b>	"You can't keep coming home so late! It's so inconsiderate."
<b>"I" Statement</b>	"I feel worried when you come home late. I can't even sleep."

<b>Blaming</b>	"You never call me. I guess we just won't talk anymore."
<b>"I" Statement</b>	"I feel hurt when you go so long without calling. I'm afraid you don't care."

## Practice

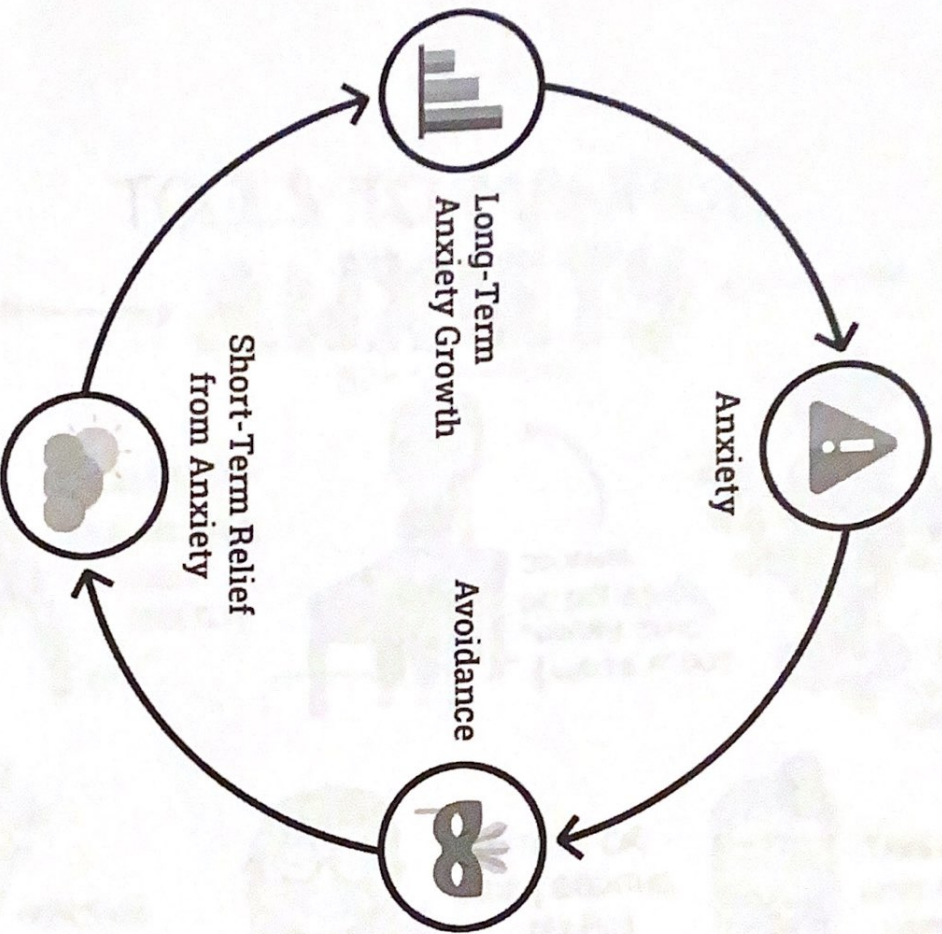
<b>Scenario</b>	A friend always cancels plans at the last minute. Recently, you were waiting for them at a restaurant, when they called to say they couldn't make it.
<b>"I" Statement</b>	

<b>Scenario</b>	You are working on a group project, and one member is not completing their portion. You have repeatedly had to finish their work.
<b>"I" Statement</b>	

<b>Scenario</b>	Your boss keeps dumping new work on you, with little instruction, and not enough time. Despite working overtime, you're weeks behind.
<b>"I" Statement</b>	



# The Cycle of Anxiety



## **⚠ Anxiety**

An anxiety-producing situation leads to uncomfortable symptoms such as worry, fear, a racing heart, sweating, or a feeling of being overwhelmed.

## **🚫 Avoidance**

Uncomfortable symptoms are controlled by avoiding the anxiety-producing situation. Examples of avoidance include:

- Skipping class to avoid giving a presentation
- Using drugs or alcohol to numb feelings
- Procrastinating on challenging tasks

## **☁ Short-Term Relief from Anxiety**

Avoidance of the anxiety-producing situation gives an immediate sense of relief. The symptoms of anxiety lessen, but only temporarily.

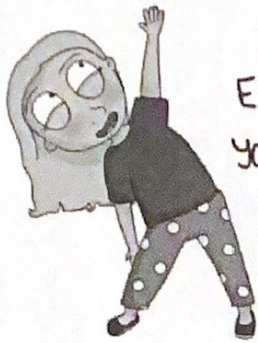
## **📈 Long-Term Anxiety Growth**

The fear that initially led to avoidance worsens, and the brain learns that when the anxiety-producing situation is avoided, the symptoms go away. As a result, the symptoms of anxiety will be worse the next time, and avoidance is more likely.



# TOOLS TO MANAGE ANXIETY

@journey-to-wellness\_



EXERCISE, DO  
YOGA OR HAVE  
A GOOD  
STRETCH



JOURNAL  
OR SET ASIDE  
"WORRY TIME"  
& WRITE IT OUT



TUNE-IN TO  
YOUR SENSES.  
WHAT CAN YOU  
HEAR, SEE & FEEL?



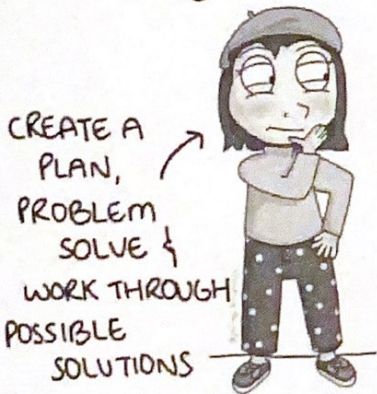
PRACTICE  
GRATITUDE



MEDITATE OR  
STOP & BREATHE  
DEEPLY



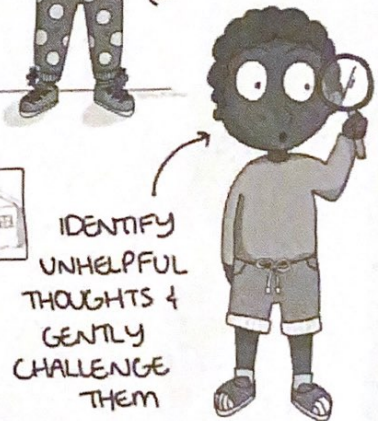
TAKE A TIME OUT  
WITH A CUP OF  
COFFEE OR TEA



CREATE A  
PLAN,  
PROBLEM  
SOLVE &  
WORK THROUGH  
POSSIBLE  
SOLUTIONS



GET CREATIVE -  
DRAW, DANCE OR  
LISTEN TO MUSIC



IDENTIFY  
UNHELPFUL  
THOUGHTS &  
GENTLY  
CHALLENGE  
THEM

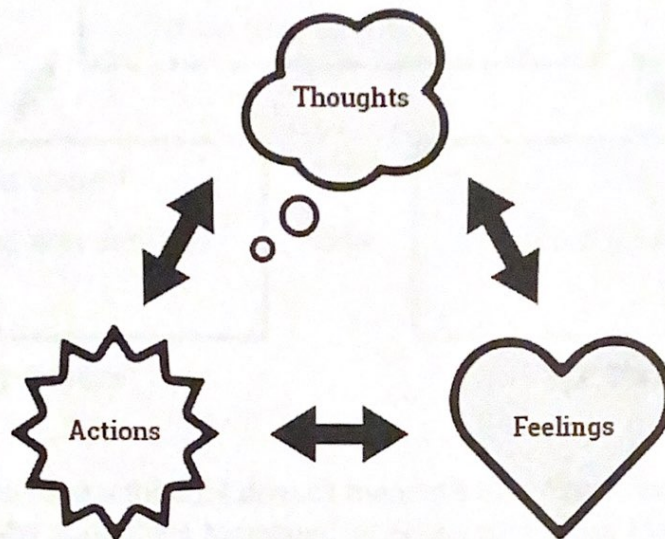


# Thoughts Feelings Actions

Everyone has problems, both big and small. To better solve your big problems, it helps to learn how your **thoughts**, **feelings**, and **actions** are connected.

Imagine you have an upcoming test, and you think "I'm going to fail". Because of this thought, you start to worry. You are so worried that you feel sick just thinking about the test. Because it's so uncomfortable, you decide not to study.

The thought ("I'm going to fail") led to a feeling (worry), which led to an action (not studying). What might have changed if you had a different thought?



**Thoughts** are the words that run through your mind. They're the things you tell yourself about what's going on around you. There are many different thoughts you could have about a single situation.



**Feelings** come and go as different things happen to you. You might feel happy, angry, and sad, all in one day. Some feelings are uncomfortable, but they are not bad. Everyone has these feelings from time-to-time.



**Actions** are the things you do, or the way you behave. Your thoughts and feelings have a big impact on how you act. If you feel happy, you are likely to do nice things. But if you feel angry, you might want to act mean.



# Thoughts Feelings Actions

## What happened?

My friend Emma hasn't spoken to me as much as usual over the past week.

## My Thoughts

I thought: "Emma hasn't talked to me much this week. She must be mad at me."

Because I was upset I ignored Emma and avoided her at school.

## My Actions

I felt sad and hurt.

## My Feelings

Just because you have a thought doesn't mean it's true. Your thoughts are guesses about why something happened, or about something that might happen. Coming up with new thoughts will help you see a situation differently.

## New Thoughts

## New Feelings

## New Actions

<b>1</b>	"Emma might be upset with me, but maybe not. I don't know."	Concerned that Emma <i>might</i> be upset, but I'm not as sad as I was.	Ask Emma if she is mad at me, or if she has another problem.
<b>2</b>	"Emma has probably been busy with school or something else."	Disappointed I haven't talked to Emma, but understanding.	I'll stay friendly with Emma, as usual. I'll be sure to say "hi" anyway.
<b>3</b>	"Maybe Emma is upset about something unrelated to me."	Worried about how Emma is feeling.	Ask Emma what's going on, and if she needs help.



# Thoughts Feelings Actions


What happened?

 My Thoughts



 My Actions



 My Feelings



# Thoughts Feelings Actions



New Thoughts



New Feelings



New Actions

	New Thoughts	New Feelings	New Actions
1			
2			
3			



# Thought Tracker

Throughout the day, write out what happened under situation, your thoughts you were thinking when it happened, how you felt about it, how you reacted to it, and something you could have thought instead. Just because you have a thought, does not mean that it is true. Your thoughts are guesses of why something happened. Thinking of an alternate thought will help you see the situation in a different light. ☺

	<b>Situation</b>	<b>Thoughts</b>	<b>Emotions</b>	<b>Behaviors</b>	<b>Alternate Thought</b>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					