
COUNSELOR CORNER ISSUE #4 MANAGING ANXIETY



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I AM THE SCHOOL COUNSELOR
AT BOTH PERUVIAN PARK
ELEMENTARY AND SUNRISE
ELEMENTARY. PLEASE REACH
OUT IF YOU HAVE ANY
QUESTIONS, OR YOU NEED
SOMEONE TO TALK TO ABOUT
HOW YOU ARE FEELING.

LESSON CONCEPT

Learning to manage our feelings of
anxiousness can make it easier to
focus and be successful.

OBJECTIVES

- Identify different situations when we feel anxious
 - Learn to use the calming down strategies learned
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WHAT DOES ANXIETY MEAN?

Anxiety is an uncomfortable feeling we sometimes get when we're worried about something that may or may not happen. We might feel anxious when taking a test, or when we go somewhere and we don't know anyone. Some people feel sick to their stomach, or have a headache. Others feel restless, agitated, or have trouble paying attention. EVERYONE feels anxious sometimes. It is normal, and all of us need practice dealing with these feelings. Learning to manage our feelings of anxiety can help us be more focused and successful.

COVID-19 AND ANXIETY

Many of us are having some feelings of anxiety about COVID-19. Some of these feelings might include the following:

- Sadness because we can't see our friends
- Worry about when we'll be able to go back to school
 - Difficulty with doing schoolwork at home
 - Worry about money/food during this time
 - Sadness about no extracurricular activities

It's important for all of us to know that it is NORMAL to be feeling some of these feelings, (and others). We need to allow ourselves to feel these things, and then practice the calming down steps to help us deal with them.

REVIEW OF CALMING DOWN STEPS

- Stop Signal—As we recognize that these feelings are becoming overwhelming, we need to stop our downward spiral
 - Label our Feeling—Label our thoughts, (“I’m feeling anxious”)
 - Deep Breathing—Breathe deeply in through the nose, and out through the mouth
 - Positive Self-Talk—Say things such as, “Things will get back to normal sometime”, or “I will see my friends soon”
 - Counting—Count backward or by twos or threes
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