

# Managing Anxiety

Visual Tools & Experiential Approaches

## Reference to Solution Focused Brief Therapy (SFBT) Cognitive Behaviour Therapy (CBT), Choice Theory & Mindfulness

In Singapore, 76% of children reported high anxiety especially when examinations were near. Though some anxiety propels us to do our best, for the young, High Anxiety can be debilitating and they will need help. Counsellors and Psychologist have reported that 90% of their clients have Anxiety as a presenting issue.

### Content Elements

- **Anxiety** – what really happens in the Brain and Body.
- **Skills for Managing Anxiety:**
  - meta-cognitive skills (thinking about how we think)
  - deliberate attentional control
  - agency (getting in the driver's seat)
  - body connection, increasing tolerance and distraction
  - visual resources to understand and manage Anxiety
- **Hands-on Experimentation** with a range of Visual resources
- **Experiential Approaches to Anxiety Management:**
  - including counting, colouring, movement, listing
  - tapping, alphabet tasks, music, drawing, affirmations
  - biomimicry (copying the natural world)
- **Strengths-based, solution-focused brief therapy**
  - skills including reframing, normalising & externalising
  - questioning techniques



*Anxiety Solutions for  
Young people and Adults cards Set*



*Anxiety Solutions for Kids cards Set*

**Trainer: Ms. Alison Krusec**

With over 30 years' experience working with families in a range of human services and early year's settings. She has graduate qualifications in childcare, social science (pre-natal and post-natal care), vocational training and parenting education. Alison is the ideal person to support social workers, counsellors and psychologists build their strengths-based, solution-focused toolkit.

Alison is passionate about demonstrating how different resources, card sets and tactile tools can easily be incorporated into everyday conversations with clients, colleagues and teams.

## Practice

The tools and strategies used in this workshop draw on strengths-based approaches to practice, Solution Focused Brief Therapy (SFBT), Mindfulness, Cognitive Behavioural Therapy (CBT), brain research, Choice Theory and Positive Psychology. The 50 activities used in *Anxiety Solutions for Kids* are based on techniques used for many years with adults, youth and children by consulting psychologist, Selina Byrne M.A.P.S.

## Audience

This workshop is for child, adults, youth and family workers, teachers, counsellors, mental health workers, pastoral care workers, parents and anyone who supports children and young people.

Participants in this workshop will take away a range of strategies to support themselves or others in managing anxious thoughts and feelings, whether at home, at school, at work or within formal counselling settings. Participants will also receive the assurance of knowing the practice base from which these strategies arose.

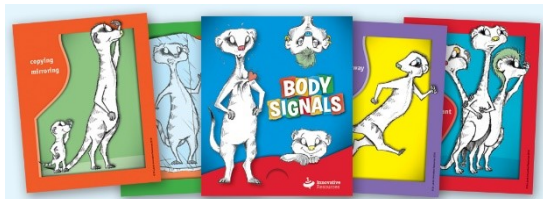
## Resources used in the Workshop

### *Choosing Strength Cards*



***Workshop can be considered for VCF funding as a non pre-approved course.***

### *Body Signals cards*



**For further enquiries, please call**

**Tel: 6337 5153 HP: 9126 4281**

**Email: [info@relationalresources.info](mailto:info@relationalresources.info)**

**Website: [www.relationalresources.info](http://www.relationalresources.info)**

**Facebook: [Relational Resources](https://www.facebook.com/RelationalResources)**

**Instagram: [@relationalresources](https://www.instagram.com/relationalresources)**

### *The Bears card Set*



### *Anxiety Dolls – To be shared during the workshop*



**BABY OCTOPUS**

**CLOUD**

**BUG**

**DOVE**