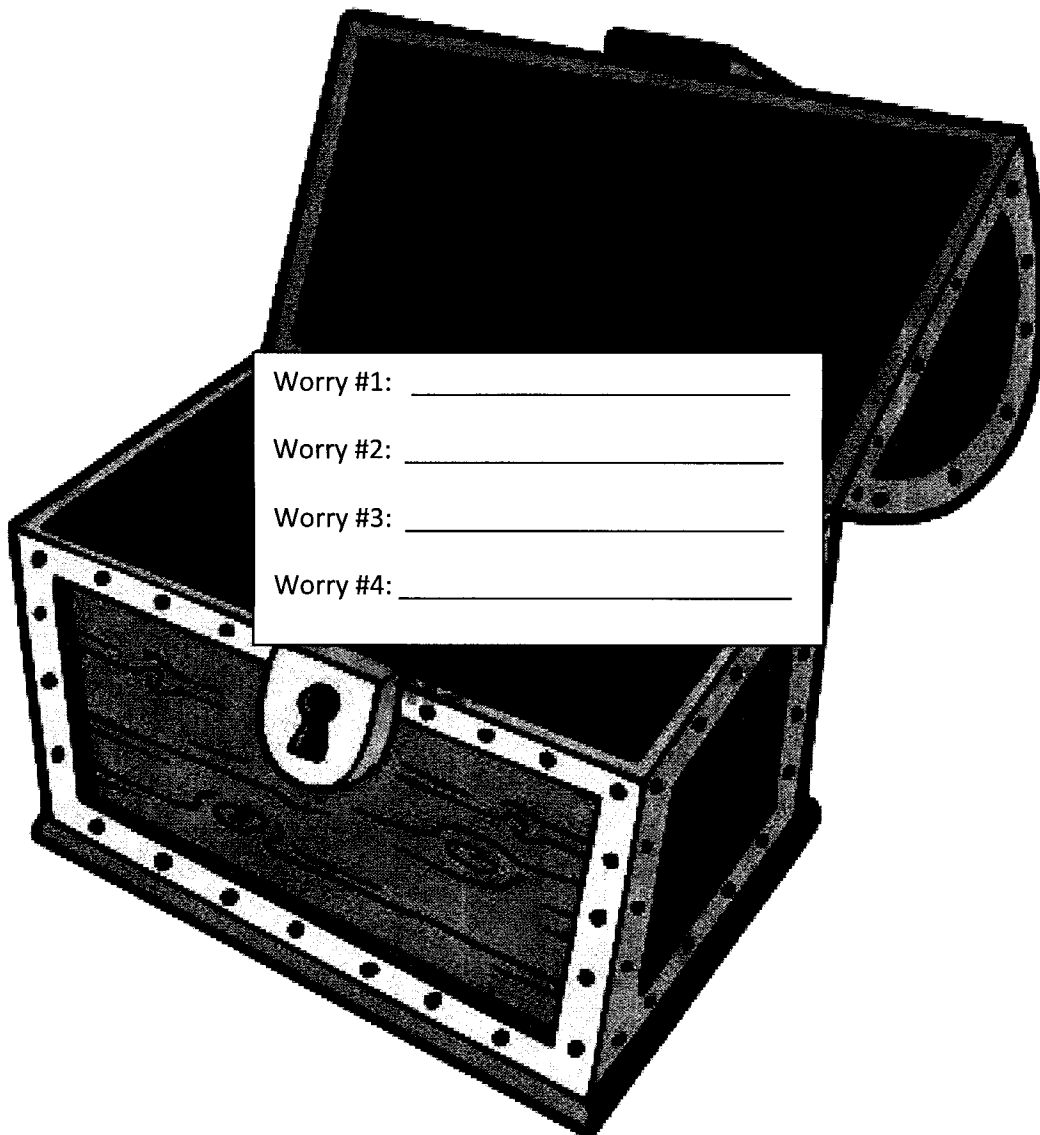


Worry Box

Steps to assist you (your child) with getting rid of worries.

1. Use a shoe box, a jar, envelope, Tupperware container, purchase a special box or make a box. Some children find it helpful to decorate it and make it into their own.
2. Keep a pad of paper, pencil and a box near your bed.
3. At bedtime, talk about your worry with someone you love.
4. Write down your worries.
5. Put them in your box where they can't bother you.
6. Keep your worry box in a safe place outside your room. (some children have found it helpful to throw the worries out in the trash).



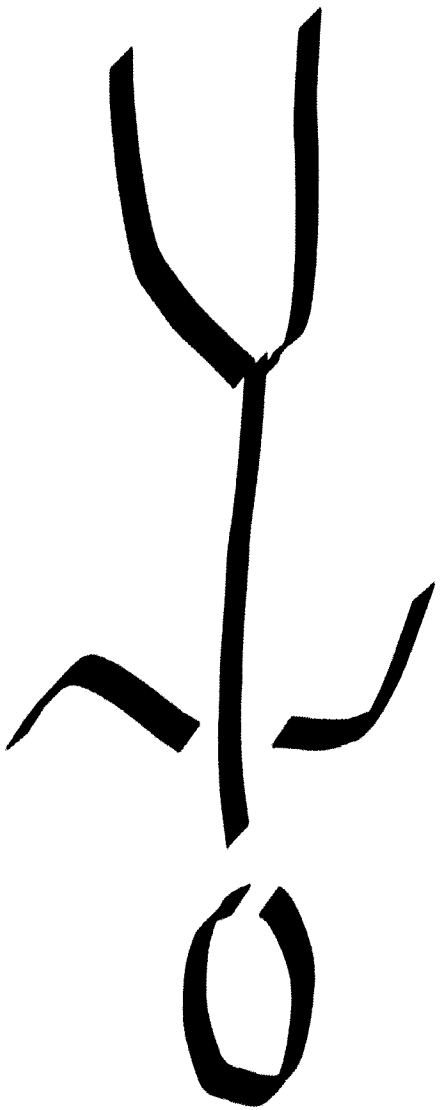
Progress Muscle Relaxation

What is muscle relaxation?

- Use of relaxation and mental visualization to help with relaxation and/or feeling better in your body.

Start:

Relax somewhere quiet and safe

Feet <ol style="list-style-type: none">1. Curl toes into tight little balls.2. Hold it for 10 seconds.3. How do your toes feel? Are they relaxed?	
Legs <ol style="list-style-type: none">1. Point your toes up and back toward your shins.2. Feel how tight the back of your legs feel?3. Hold for 10 seconds and let go.4. Feel that warmth and relaxation now going down your legs and into your feet and toes.	
Thighs <ol style="list-style-type: none">1. Press your knees together and hold them really tight so that your legs feel really tight.2. Press them harder and hold it for 10 seconds3. Feel that warmth and relaxation now going down your legs and into your feet and toes.	
Stomach <ol style="list-style-type: none">1. Tighten your tummy really hard2. Make sure it is really tight and hold it for 10 seconds and relax.3. Feel that warm, tingly feeling in your fingers and hands.	
Hands <ol style="list-style-type: none">1. Now curl your hands into two tight balls by making a fist2. Hold it, make them tighter for 10 seconds and then relax.3. Feel that warm, tingly feeling in your fingers and hands.	
Arms/Chest <ol style="list-style-type: none">1. Put your shoulders up like you are trying to touch your shoulders to your ears.2. Hold them up for 10 seconds and relax3. Feel that warm, relaxed feeling go down to your shoulders, into your arms and hands, down through your stomach and out your legs and toes.	

How warm and relaxed does your body feel?

Web links to try:

<http://www.youtube.com/watch?v=aaTDNYjk-Gw> Complete Muscle Relaxation Fun for Kids

<http://www.youtube.com/watch?v=hhEMHbng8qA> Complete Muscle Relaxation Part 1 from therapy on uTube

Guided Imagery

What is guided imagery?

- Use of relaxation and mental visualization to help with relaxation and/or feeling better in your body.

For most people, the more you use guided imagery the better it works.

Here are steps so you can create your own.

1. Get into a comfortable spot.
2. Eliminate as many loud noises, TV, other people that will distract you.



NOW...

3. Take slow deep breathes. Let them go down to your belly. Allow yourself to relax more and more with each deep breath.
4. Imagine yourself somewhere in your favorite spot: _____
5. Describe this place: _____

Question	Possible Ideas	Answers
What do you see?	Trees, meadow, water, clouds	
What do you smell?	Flowers, cookies, clean air	
What does it feel like?	Warm, cool, sun on your face	
What do you hear?	Wind, birds, music, water	
How does it make you feel?	Relaxed, fearful, angry, happy, sad, hopeful, anxious, frustrated, scared	

6. In safe place, see your worries, your fears or your sadness. Describe what it looks like. What color is it? What shape is it?

Question	Possible Ideas	Answers
What does your worry look like?	Star, box, sun, shape, fire, powder	
What does your fear look like?	Rock, hammer, runner, chicken	
What are their colors?	White, red, blue, green, yellow, orange	
What is their shape?	Rectangle, circle, box, spiral, oval	

Now...

7. Transform your worries, your fears, or your sadness.... The color or shape is changing and your fear, worry or sadness is leaving bit by bit... as you take each deep breath.
8. Continue to breathe and imagine the changes.
9. Now leave your worries behind and return to your favorite spot.
10. Slowly take 3 breaths and leave your favorite spot behind to be revisited any time you need. Key????
11. Take a cleansing breath and come back to your day.

Some Guided Imagery you might try:

<http://www.youtube.com/watch?v=W0i0KvHoSiM>