

# Helpful Sentences

When a child has an anxious thought, they are usually convinced that this thought is true, and that the danger is real. To remind them that this is not necessarily the case, or to help them deal with their thought, work together to find a sentence that they can repeat to themselves when experiencing anxiety. They can write it down or cut it out to have with them as a reminder.

The child can choose a helpful sentence from the ones below or make up one of their own:



Anxiety is not dangerous; it is only uncomfortable.

Anxiety rises but it always comes back down.

Hello Fear, I was waiting for you!  
Come, sit down next to me.

Despite the fear, I do what I think is important.

I will do my best; that's what's important.

I don't have to succeed on my first attempt.

It is impossible to please everyone.

There are people who like me.

I can deal with the situation.

I have confidence in myself.

I am not inside other people's heads, so I will confirm what they are thinking rather than imagining it.

It is not a real fear, but my body and mind don't know that. I have to tell them.

I don't value this fearful thought.

I will try.

I have everything I need to get through this.

I concentrate on what I have to do and don't pay much attention to what's going on around me.

It's only anxiety.

I will try this way:

**BREATHE** deeply.

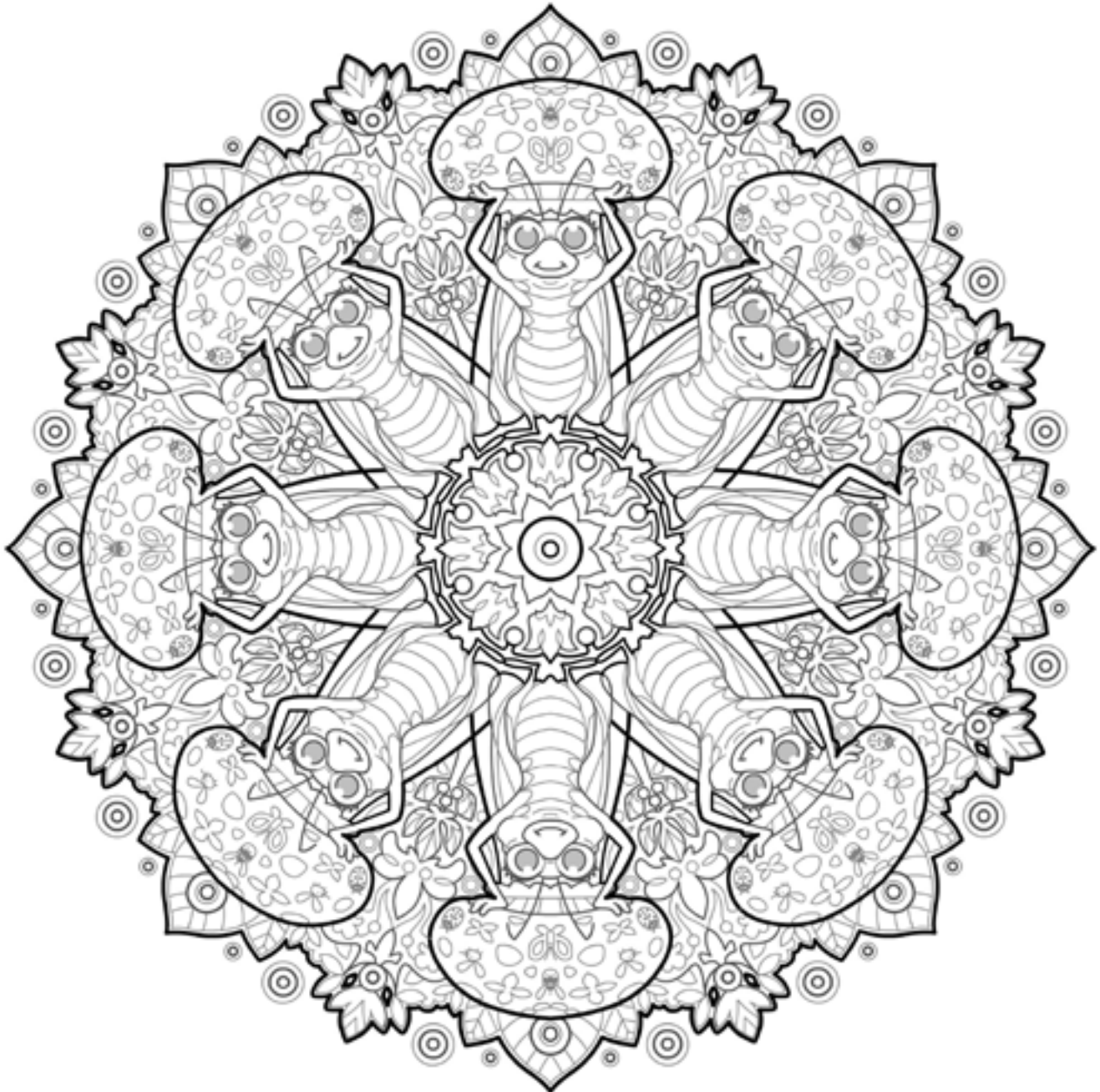
I have the tools to help myself.



## Reference:

Sophie Leroux, *Aider l'enfant anxieux, (Help the anxious child)* 2016. © Éditions du CHU Sainte-Justine

Mandalas are an excellent way of concentrating on things other than your thoughts.



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