

A cooperative story book with tools
for coping with anxiety in childhood

Anna-Lee and her **ANXIETY**

Written by Ashley Jewer



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It was a regular morning for little Anna-Lee.
Breakfast, school clothes, and time to brush her teeth.
But when the school bus came, our friend began to frown.
She sighed and pouted, and dropped her backpack to the ground.



Her mother asked her gently, "what's the matter, Anna-Lee?"
"I don't know", she replied "but I feel wiggles in my tummy"

They went back to the house and her mother checked her temperature.
"Hmm" she said, "no sign of a fever.
But let's go see the doctor, just so we can be sure"



When Anna-Lee saw the doctor, she asked her lots of questions.
Her heartbeat was good, her lungs breathed right, and no sign of infections.

The doctor showed Anna-Lee a chart, and asked her which face she felt like
Anna-Lee pointed at the frowning face in blue, and said "that's about right"



The Doctor asked Anna-Lee if sometimes she feels worried
"All the time" she replied
but I just don't know why!!!"



The doctor placed a hand on Anna-Lee's shoulder and smiled gently
"It sounds to me" she said, "like something called anxiety"

Anxiety is how our body protects us from harm.
It's that feeling in our tummy, that sends our brain an alarm.
It's meant to keep us safe, tell us when to run and ask for assistance
But some people's alarm, knows no signs of resistance



"When this happens" the doctor explained
"we have to work a little harder so we can help our brain"

"There are many tricks and tools, things that we can do
And lots and lots of grown ups, who can help us too!"





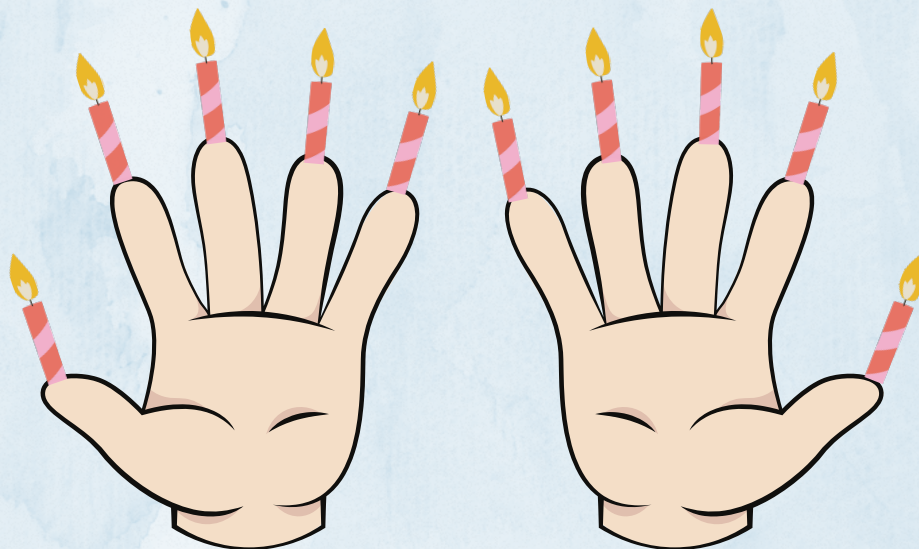
Anna-Lee spoke to her teacher the next day at school.
Her teacher smiled and said "when we know what's going on, we
can do our best to help you"
Her teacher introduced her to the school counsellor, Ms. Shae
"I'm very pleased to meet you" she said, "I have some things
to show you today"

Here's a fun activity that we are going to do
We will need a bottle, baby oil, coloured water, and some glitter glue
We mix the ingredients together and pour them in the bottle
Then we give it a nice good shake, a wobble and a wobble
We set the bottle down, and watch the sparkles scatter
This is how our brain feels when we get nervous and our heart beats faster
But if you wait a moment and take some deep breaths
You'll see the colours and the glitter will slowly start to set
This is what happens when we take a moment to rest
The water becomes clear, just like the noises in our head
Now we're thinking clearly, and we can talk about how we're feeling
We're no longer feeling shaky, isn't that so freeing?

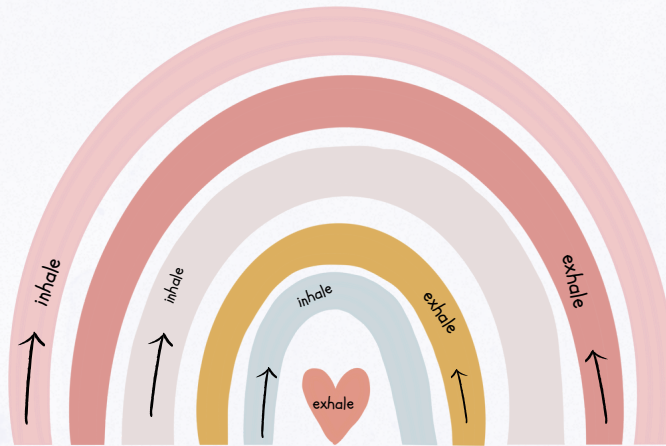




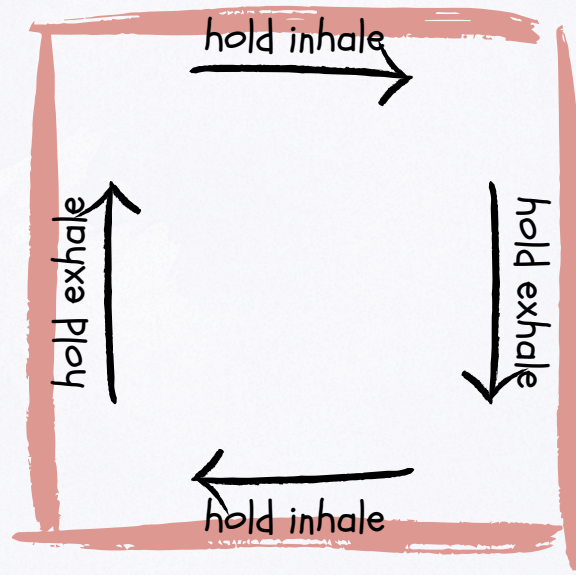
Another thing that we can do when we're feeling stressed
Is take a moment to do some deep breaths
Here are some pictures, to help us breathe slowly
And if ever you're not sure, you can always say "please show me!"



Hold all ten fingers up in front of your face
Pretend your hands are a big yummy birthday cake!
Inhale deep, and blow out the first candle
Pretend there is a flame on your tiny little finger
From your left thumb to your right one
Inhale deep, and blow each candle until all ten are done



trace the top arch with your finger and
inhale along the way
trace the next arch with your finger
and exhale along the way
do this with each arch on the rainbow



Sometimes we can think a little too deeply
Our mind wanders off, and then we start to worry
There are things we can control, and do our best to make them right
But sometimes we don't have the power, to fix everything in life.
On this piece of paper write a list of things you can control,
We can work together to find solutions for those
Also make a list of things you cannot control,
And we will practice letting those ones go

things I can control

- being kind
- asking for help when I need
- how I react to things
- trying something new
- listening to others
- the words I say

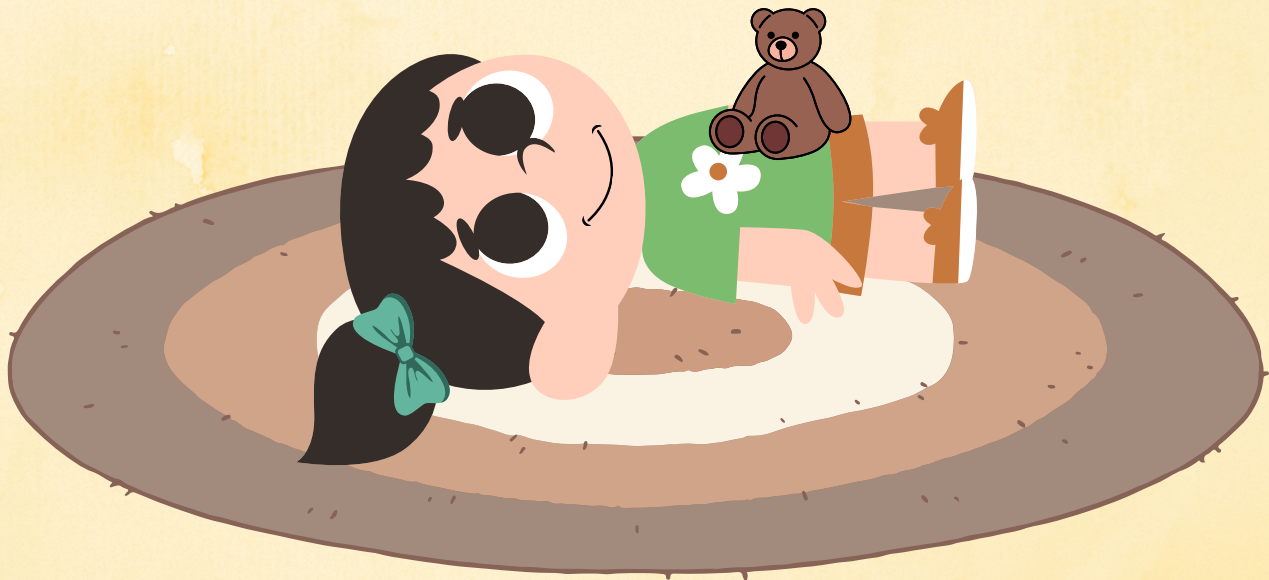
things I cannot control

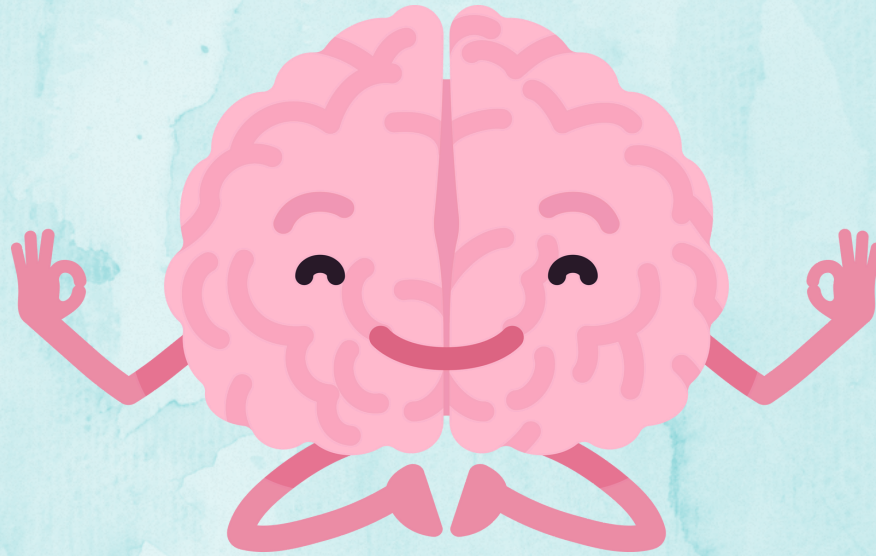
- what others do
- what people think of me
- the weather
- mom and dad
- what is on a test
- how others feel



Here's another example of how to worry less about our tasks
We take two bowls: one plastic and one glass
If the glass bowl falls, it will break
But the plastic bowl will bounce and it will be ok
We write down all our worries
And put the big ones in the glass bowl, and little ones in the plastic bowl
and before our eyes, it will show
way less worries than you thought you had
see, that wasn't so bad!

sometimes we can do this thing called belly breathing
we inhale really deep, and imagine our bellies reaching the ceiling
it helps to put a teddy bear on our squishy belly
and watch it rise rise rise, then wiggle down like jelly





When we're in a situation where anxiety creeps up
and we cannot take a break
Here's a calming strategy, to help the worries fade away
This exercise is called grounding
It helps us get on track when it feels like the world is spinning
and we can't find our way back

Name five things you can see
Four things you can hear
Three things you can feel
Two things you can smell
And one thing you can taste



another thing that we can do
to help us feel much better
is sit with someone that we trust
and write this list together
we write down what we're grateful for
and each day we will find something more!



I am grateful for....



we can do this in a journal
or paint some pretty flowers
we can say one thing, or plural
we can do this for five minutes, or for hours!



and no matter how you're feeling,
something everyone should do
is share a little kindness,
not just with others, but ourselves too!

here's a list of affirmations,
try to say at least one a day
the more we learn to love ourselves
the more we can feel great!



what other affirmations can you think of?

now that you've learned all these tools
you can use to help cope with anxiety,
don't you feel a little lighter?
don't you feel like you can breathe?



keep on practicing, and never give up!
always remember that you can ask a grown up
for help when you are stuck

"thank you Ms. Shae", said little Anne-Lee
"it took a lot of practice, but now I really see!
sometimes we feel worried, and that is alright
we can ask for help when we feel like we're going into
freeze, fight or flight!"





"it's important to remind ourselves when we feel this way
of all the kind and helpful things that we can do and say
to chase the negative thoughts away
and remind ourselves that we are going to be okay!"

The End

You can use the following pages as your own tools
for when you're feeling worried or stressed out,
just like Anna-Lee did!

You can use your favourite pen or marker,
have fun with it!

I am grateful for....



I am grateful for....



















I am grateful for....













I am grateful for....



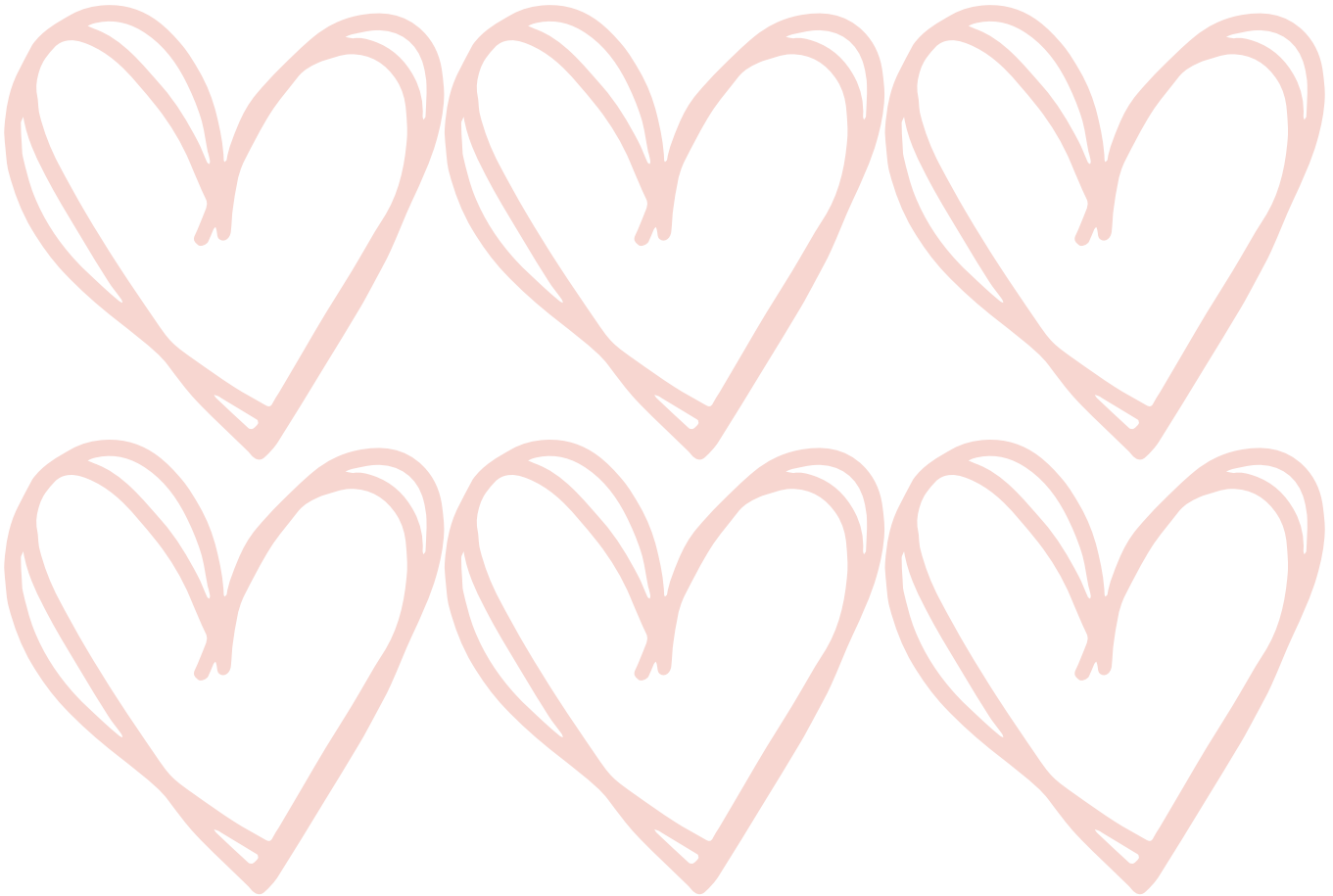
things I can control:



things I cannot control:



write some positive affirmations
in the hearts!





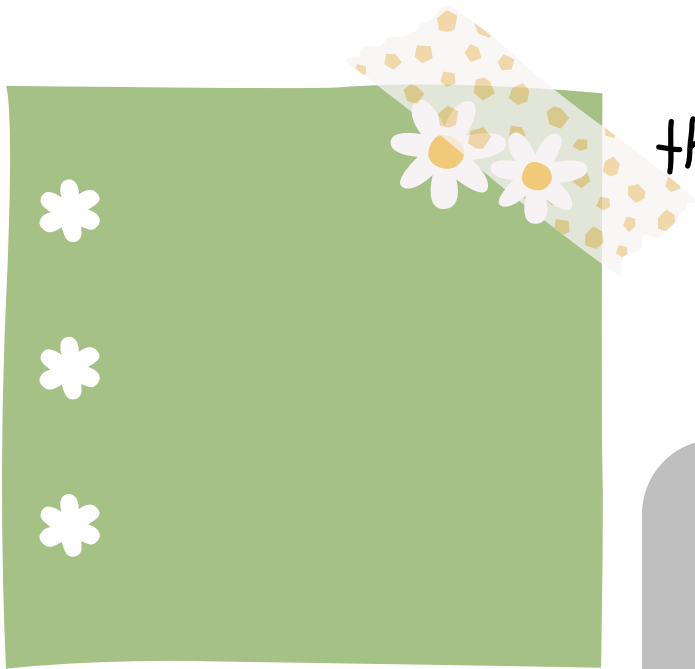
when you're feeling anxious and need
ground yourself, stop and write down...



five things you
can see

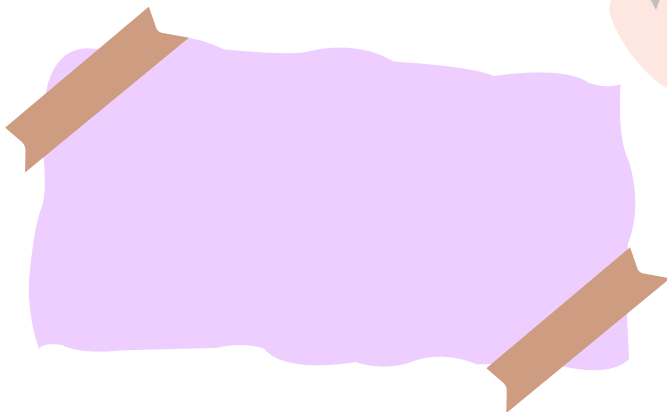
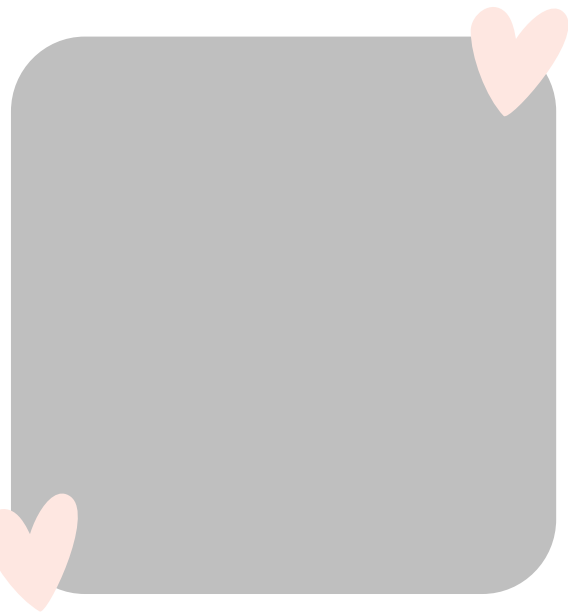
four things you
can hear

A teal notepad with a pink paperclip at the top. It has four horizontal white lines for writing. There are white circles at the top and bottom corners, possibly representing punch holes.



three things you
can touch

two things you
can smell



one thing you
can taste

Dear reader,

thank you for choosing this book!
I hope it has helped you to better understand what's
going on when you or your loved one is feeling anxiety,
and I hope some of the activities in this book are
helpful when you're looking for ways to cope.
Stay tuned for my upcoming coping toolbox,
as well as other interactive books!

Love, Ashley

This book is dedicated to anyone who is struggling with anxiety, and to all the parents and adults who work hard every day to try to understand what their kids are going through, and help them as best as they can.

Thank you to my children and my students for inspiring me to create this book for them.

Thank you to my friends and family members who have read the many different versions of this book and offered me feedback and advice.

And thank you to everyone who purchased this book and everyone who has left me reviews.

I appreciate all of you so much!