

# Anxiety Tracker

Child's Name: \_\_\_\_\_ Month/Year: \_\_\_\_\_

Use this worksheet to note key details about times when your child became anxious. Because a caregiver's reactions can affect a child's behavior, rate how stressed you or your child's caregiver felt during these times.

Timing	Setting	Signs	Outcome	Child rating	Caregiver rating
<ul style="list-style-type: none"><li>• Time of day</li><li>• Day of week</li><li>• Date</li></ul>	What was happening just before your child began to feel anxious?	Which physical, emotional or behavioral signs of anxiety did you see?	What helped your child calm down? How long did it take to calm down?	How intense were your child's anxious feelings? (1=low, 10=high)	How stressed was your child's caregiver at this moment? (1=low, 10=high)

# Anxiety Pattern Finder

Child's Name: \_\_\_\_\_ Month/Year: \_\_\_\_\_

Use this worksheet to look for patterns in your child's behavior. Look at the details you've logged recently in your child's anxiety tracker. Two to three weeks of entries may be enough to help you spot some trends. Finding patterns can also help you start looking for ways to ease your child's worries.

## Timing

### When does your child tend to get anxious?

- In the morning before school
- At school
- After school before dinner
- After dinner before bedtime
- Around mealtimes
- Bedtime
- Weekends

Other: \_\_\_\_\_

## Frequency

### How many days a week does your child seem to:

- \_\_\_\_\_ Worry a lot about school
- \_\_\_\_\_ Worry a lot about social situations
- \_\_\_\_\_ Worry a lot about other things
- \_\_\_\_\_ Feel overly angry or irritable
- \_\_\_\_\_ Get distracted easily
- \_\_\_\_\_ Have trouble sleeping
- \_\_\_\_\_ Be tired or restless during the day

## Physical signs

### What signs have you observed when your child is feeling very anxious?

- Faster heartbeat or trouble breathing
- Light-headed or weak in the knees
- Headache or stomachache
- Shaky voice, dry mouth or lump in throat
- Sweaty hands or face that feels hot
- Urgent need to go to the bathroom

Other: \_\_\_\_\_

Other: \_\_\_\_\_

## Negative outcomes

### What tends to happen when your child's feelings are very intense?

- Rips up or refuses to do homework
- Refuses to go to school
- Has tantrums or meltdowns
- Doesn't eat much
- Is unfriendly, rude or socially withdrawn

Other: \_\_\_\_\_

Other: \_\_\_\_\_

## Possible triggers

### What have you noticed makes your child anxious?

- Being away from a parent or caregiver
- Going somewhere new, noisy or crowded
- Interacting with siblings and/or peers
- Doing a task in front of other people
- Doing homework and/or taking tests
- Reacting to social media, TV shows or movies
- Thinking about germs, disease or illness
- Thinking about snakes, spiders, etc.

Other: \_\_\_\_\_

## Other factors

### What else might be adding to your child's worries?

- Academic struggles
- Family changes (divorce, new sibling, etc.)
- Sick relative
- Caregivers' stress levels
- Relationship with siblings
- TV very loud and/or always on

Other: \_\_\_\_\_

Other: \_\_\_\_\_

# Calming Strategies Worksheet

Child's Name: \_\_\_\_\_ Month/Year: \_\_\_\_\_

Use this worksheet to think about what works best for your child. Assessing how you've been interacting with your child can help you think about what to try next. Your child may have helpful insights, so look for a calm moment to brainstorm together. Filling out this worksheet can also help you prepare to talk with your child's teacher or doctor.

## Your child's temperament

### Do any of these descriptions sound like your child?

- My child has always been anxious.
  - My child used to be pretty easygoing and started showing signs of anxiety fairly recently.
  - Separation anxiety was a big issue in preschool.
  - Separation anxiety is still an issue with my child.
  - My child is anxious in social situations.
  - My child has one or more relatives who show signs of anxiety, including: \_\_\_\_\_
- Other: \_\_\_\_\_

### Tips

- Many parents take a wait-and-see approach with anxiety, hoping it's a phase their child will grow out of. But early intervention may be especially helpful for kids who started showing signs of anxiety at a young age.
- Sudden changes in kids' personalities, such as shifting from laidback to tightly wound, may be a sign something specific is causing the anxiety and can be addressed with targeted interventions.
- Anxiety can run in families. That's why it's helpful to think about your child's family history.

## Calming strategies for your child

### What helps ease your child's anxiety?

	Helpful	Not helpful	Not sure
Quiet time alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quiet time with a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hearing the voice of a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being hugged or held	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Less time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\_\_\_\_\_

\_\_\_\_\_

### Tips

- Some strategies work well for some kids but not for others. For example, knowing about an upcoming event can create a lot of anxiety for some kids, so it may help to wait until closer to the date to tell them about it. For other kids, that approach would be a disaster—they may need several days' notice to prepare themselves for the event.
- During a calm moment, ask your child which strategies seem to make things better or worse.

## Calming strategies for yourself

### What helps you stay cool during heated moments?

	Helpful	Not helpful	Not sure
Leaving the room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Counting to 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercising daily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting more sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\_\_\_\_\_

\_\_\_\_\_

### Tips

- Many parents don't realize how much their behavior may be fueling their child's anxiety.
- "Stay calm" is one of the easiest things to say—but one of the hardest things to do!
- Taking notes can help you see which strategies help you keep your cool.

# Anxiety Tracker

Child's Name: Matteo

Month/Year: 4/2018

Use this worksheet to note key details about times when your child became anxious. Because a caregiver's reactions can affect a child's behavior, rate how stressed you or your child's caregiver felt during these times.

Timing	Setting	Signs	Outcome	Child rating	Caregiver rating
<ul style="list-style-type: none"> <li>• Time of day</li> <li>• Day of week</li> <li>• Date</li> </ul>	What was happening just before your child began to feel anxious?	Which physical, emotional or behavioral signs of anxiety did you see?	What helped your child calm down? How long did it take to calm down?	How intense were your child's anxious feelings? (1=low, 10=high)	How stressed was your child's caregiver at this moment? (1=low, 10=high)
10pm Sunday 4/22/2018	Getting clothes and backpack ready for school the next day	Crying, yelling, didn't want to try to sleep	Dad rubbed Matteo's back for a long time	7	5
7:30am Monday 4/23/2018	Wasn't eating his breakfast and didn't want to go to school	Stomachache, then total meltdown	He calmed down pretty quickly after I said he could stay home	10	10
9:30pm Wednesday 4/25/2018	Trying to plan an essay. He kept saying things like "What if I pick the wrong topic?"	Clenching his jaw, tugging at his eyebrow, being mean to everyone	Dad role-played how to ask the teacher for advice on choosing a topic	6	4
7:45am Thursday 4/26/2018	Worrying about asking the teacher about the essay	Yelling, crying, refusing to go to school	Matteo watched me email the teacher and got on the bus, still a bit shaky	8	9
11am Saturday 4/28/2018	Nana was trying to take him to a classmate's birthday party	Meltdown, refused to go	He started to relax when Nana gave in and said he could stay home	9	10

# Anxiety Pattern Finder

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Month/Year: 4/2018

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## Timing

### When does your child tend to get anxious?

- In the morning before school
- At school
- After school before dinner
- After dinner before bedtime
- Around mealtimes
- Bedtime
- Weekends

Other: \_\_\_\_\_

## Frequency

### How many days a week does your child seem to:

- 4 Worry a lot about school
- 2 Worry a lot about social situations
- \_\_\_\_\_ Worry a lot about other things
- 5 Feel overly angry or irritable
- \_\_\_\_\_ Get distracted easily
- 5 Have trouble sleeping
- 5 Be tired or restless during the day

## Physical signs

### What signs have you observed when your child is feeling very anxious?

- Faster heartbeat or trouble breathing
- Light-headed or weak in the knees
- Headache or stomachache
- Shaky voice, dry mouth or lump in throat
- Sweaty hands or face that feels hot
- Urgent need to go to the bathroom

Other: Clenches jaw

Other: Pulls out eyebrow hair

## Negative outcomes

### What tends to happen when your child's feelings are very intense?

- Rips up or refuses to do homework
- Refuses to go to school
- Has tantrums or meltdowns
- Doesn't eat much
- Is unfriendly, rude or socially withdrawn

Other: \_\_\_\_\_

Other: \_\_\_\_\_

## Possible triggers

### What have you noticed makes your child anxious?

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Other: \_\_\_\_\_

Other: \_\_\_\_\_

# Calming Strategies Worksheet

Child's Name: Matteo

Month/Year: 4/2018

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  - Separation anxiety is still an issue with my child.
  - My child is anxious in social situations.
  - My child has one or more relatives who show signs of anxiety, including: My mom and probably me  
as well!
- Other: \_\_\_\_\_

### Tips

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Being hugged or held	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Less time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Getting more sleep	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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