



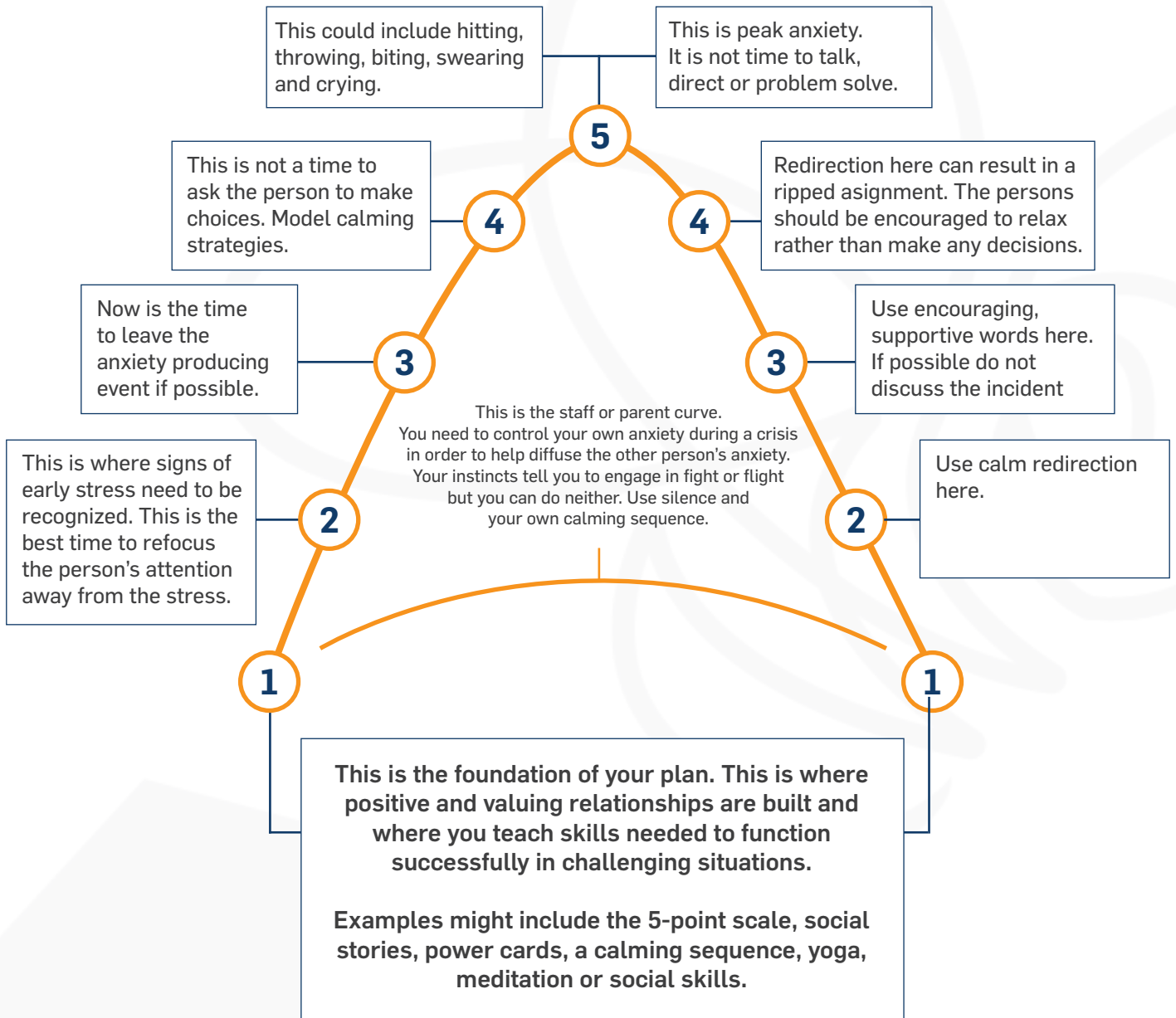
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THE ANXIETY CURVE

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WHAT IS THE ANXIETY CURVE?

This is to help you understand how to support the curve of anxiety and how anxious behaviour changes over time. To use an anxiety curve with a child, first, help them identify physical and emotional signs of anxiety like restlessness and feeling worried.

Draw a curve on a paper, marking low points for calm and high points for peak anxiety. Encourage the child to track their anxiety levels throughout the day by placing a dot on the curve. Teach them calming tools like deep breathing and positive self-talk.

When the child is peaking with anxiety, avoid intervening immediately. Instead, allow them to practice their calming techniques independently. This empowers the child to manage their anxiety effectively.