Mindfulness, Anxiety, and You
A Culturally Responsive Anxiety Workbook for Teens & Tweens
IROOM
ETERIA
FFICE
WELCOME
BE KIND
Smile
don't forget to drink WATER
HAVE FUN

Mindfulness, Anxiety, and You

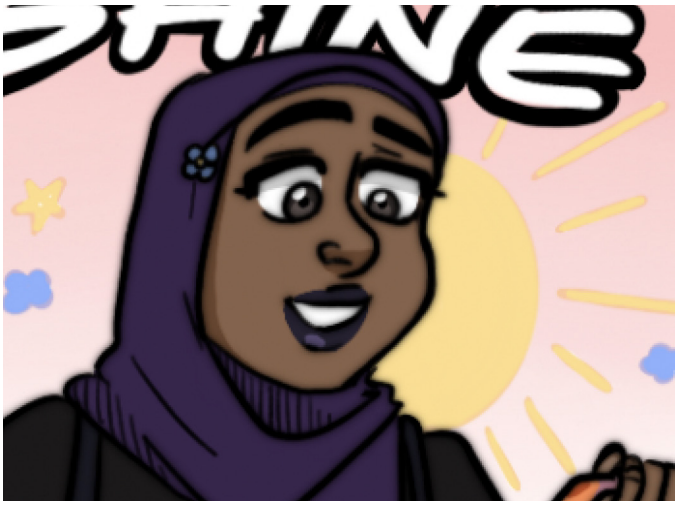
A Culturally Responsive Anxiety Workbook for Teens & Tweens

Masonic Institute for the Developing Brain's
Community Engagement & Education Hub

CEEd HUB

Ashanti

Straight-A student with a lot on her plate; feels "pressure to be perfect," worries about being perceived as failing or as less-than.



Mina

Ashanti and Charlie's best friend. She has occasional social anxiety, recognizes that other people experience this as well.

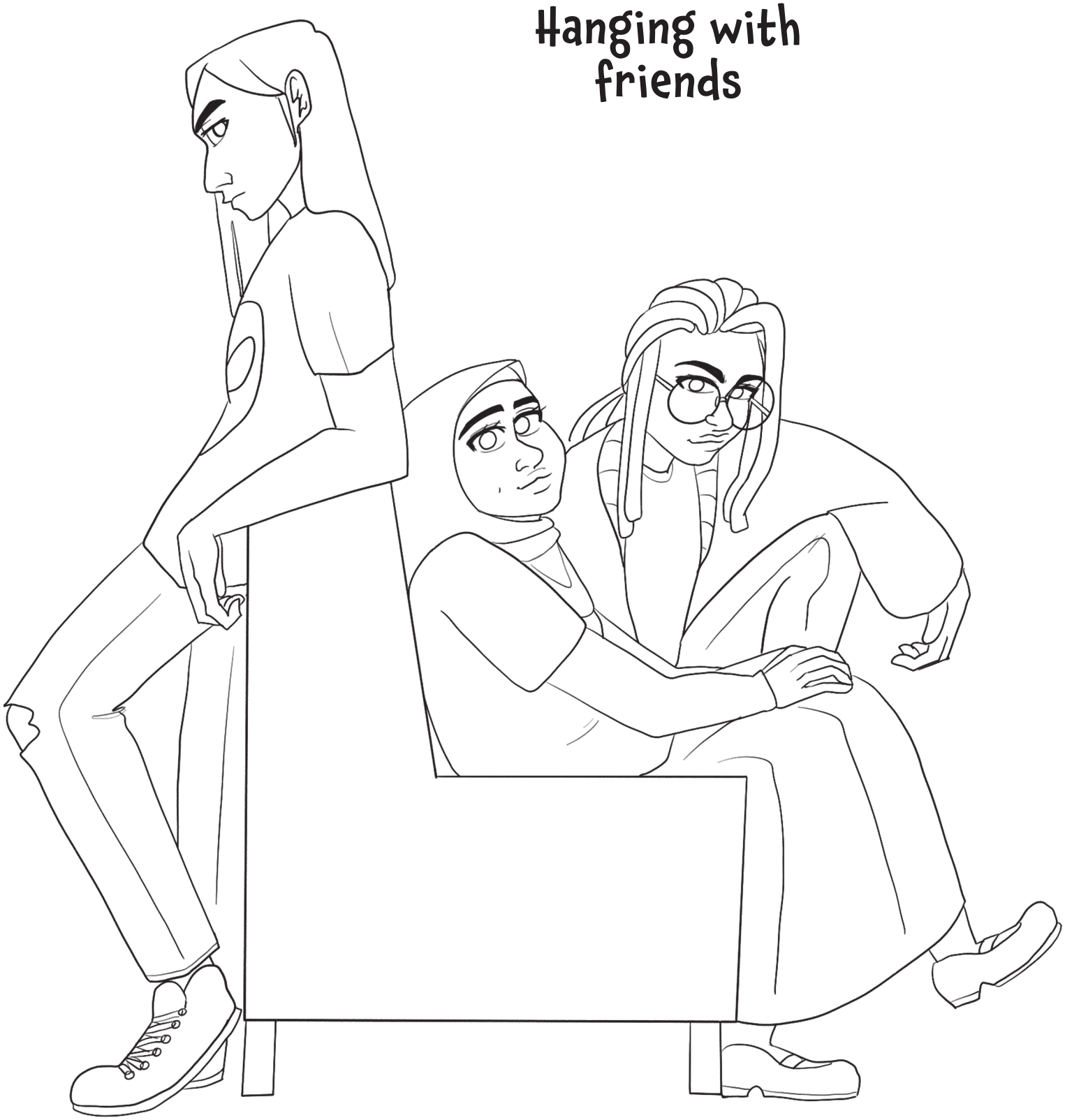
Charlie

The friend of Ashanti and Mina. He doesn't tend to experience anxiety himself, recognizes that Ashanti is under a lot of pressure, has family members who exhibit symptoms of anxiety disorder.

STUDY
STUDY
GREAT WORK!
GOOD JOB!
04
12

She didn't know who to talk to...
SIGH...
or what she could do to make the feelings go away.
Ashanti!
R U okay?

Hanging with friends



SHINE
R U coming to lunch?
R U okay?
IDK
I'm not worried not going to lunch.
Y not?
What is this, an interrogation?
It's Calzone day.
JINGLE
JINGLE
JINGLE

Word Search

T C V T B C J I F R W P E E L S P T E Z
A P P W C B S S W Y I B K J U P J Q A X
O H T R E M K F T Z R B G M W Z N O D I
J T B P O H S I S E I X N K B N C T V Y
D B B T T R N I A O Z V N W H W M F W E
W N B W E E V T H T P U R P O S E F U L
V O V S R E H E P O S I T I V I T Y M S
L I T E D E L Q E F C T Z M O U D J F Y
G S S A R B B G E W P H Z J B T J R Q F
E N X J Q J M I N D F U L N E S S E Y L
G E J E X B J D H O S A F P V R F S C D
B T T P H T A U L E V O L N E Z D I Z L
U Q H T O E Y Q H L G V P D A R O L M S
T N C O N C E N T R A T I O N S D I O U
C C A L M E S B A C C E P T A N C E V B
E V S J N Q S S D D O T U M G X Y N I Q
L A K Z U B G T E Z P F T S A V Q C J H
F D H U M N A K V R O U E K R R X E P W
E Y H Z Q C L M N R T Z F N W E V F X E
R F P H D F X Z O Y M S V D B F E J G W

STRESS
CALM
MINDFULNESS
ACCEPTANCE
REFLECT
TENSION
SLEEP
CONCENTRATION
RESILIENCE
POSITIVITY
REST
SERENITY
LOVE
BREATHE
PURPOSEFUL

But you always eat w us.
I've got extra.

What's Wrong?
Do we need to get Sam?
IDK Just don't feel good.
I'm not sick, there's just a lot going on.
You can tell us if you want.
Science Project
Book Report
Basketball Team

Meditate with sound

1. Begin this meditation by choosing a posture that you're comfortable in. Sitting on a chair, cushion, pillow; standing up, or lying down.

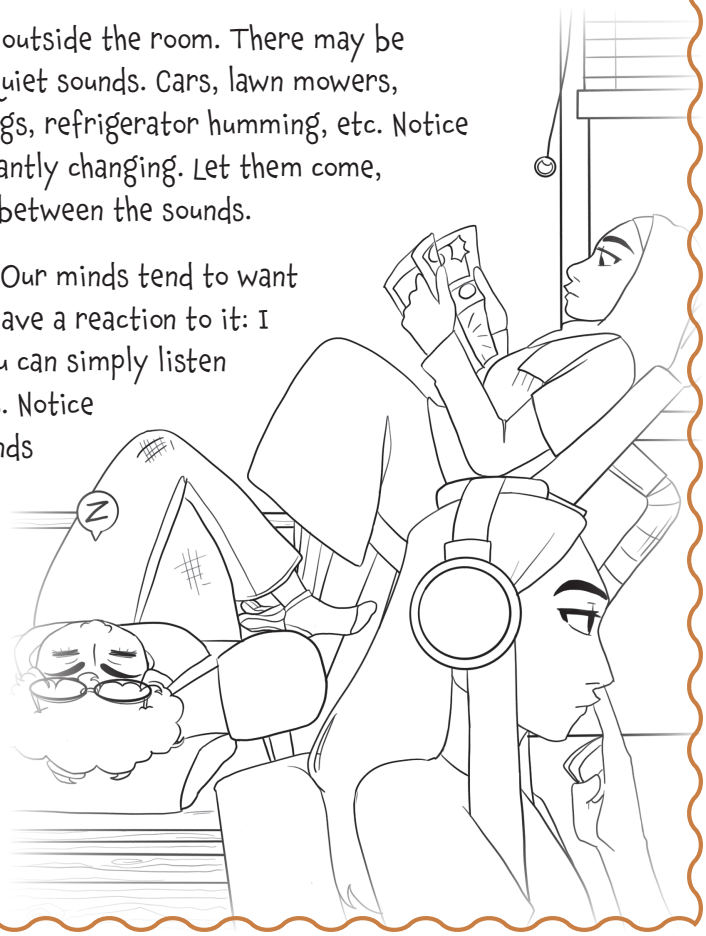
2. Notice your body as it is. If you're sitting, notice that you're sitting; if you're laying down, notice that you're lying down. See if you can tune in to any sensations that are present to you in your body right now. There might be busyness in the mind, thinking, buzzing. Heaviness in the body, or lightness, points of pressure, maybe even pain. These sensations can be anywhere in your body, and all you have to do is let them be and notice them.

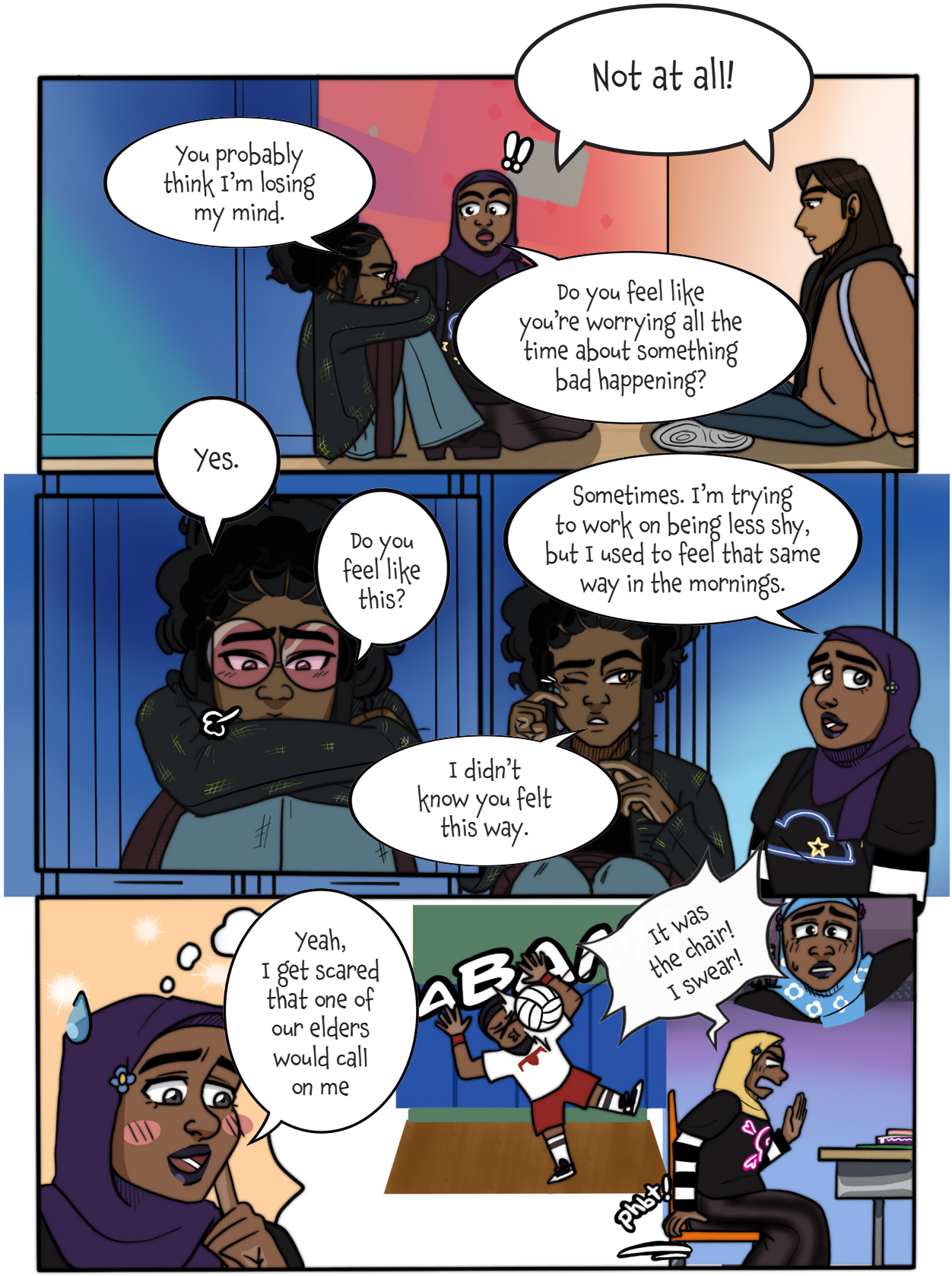
3. Take a couple of deep breaths. As you breathe in, feel the breath wherever you feel it. As you breathe out, relax. Let your breath take its natural pace and rhythm. Keep feeling the breath. If you get distracted, that's normal. You can just return to the breath again and again.

4. Now turn your attention to sounds inside or outside the room. There may be all sorts of sounds happening: loud sounds, quiet sounds. Cars, lawn mowers, construction, people moving in the house, dogs, refrigerator humming, etc. Notice that the sounds are coming and going, constantly changing. Let them come, let them go. You can also notice any silence between the sounds.

5. Allow the sounds instead of narrating them. Our minds tend to want to make up a story about the sound, or we have a reaction to it: I like that, I don't like this. See if instead, you can simply listen to the sound and allow it to be however it is. Notice it with open curiosity and interest. The sounds are part of nature, just coming and going.

6. Check in before you check out. When you're ready to finish, notice your body posture: standing, present, or seated, or lying down. Notice any body sensations that are obvious to you. Take another breath, soften, and when you're ready, you can gently open your eyes.

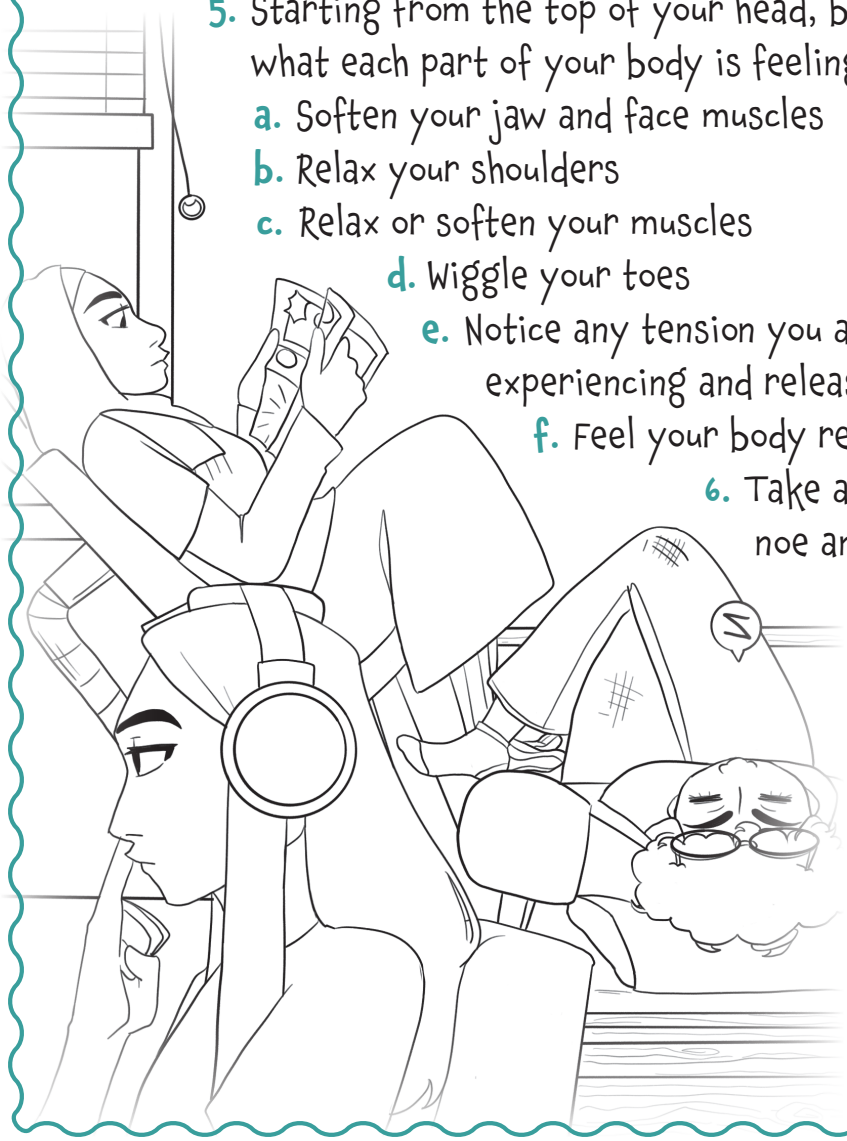



You probably think I'm losing my mind.
!!
Not at all!
Do you feel like you're worrying all the time about something bad happening?
Yes.
Do you feel like this?
Sometimes. I'm trying to work on being less shy, but I used to feel that same way in the mornings.
I didn't know you felt this way.
Yeah, I get scared that one of our elders would call on me
ABC
It was the chair! I swear!
Phst!

Does it feel like everyone is staring at you?
Every Second?
Oh, absolutely.
I grew up faster than everyone else in our grade.
It got old quick.
How's the weather up there?
But is it normal to feel this way all the time?

Body Scan Exercise

1. Find a place that is quiet and where you will not be disturbed for about 3-5 minutes
2. Get comfortable whether that is sitting or laying down.
3. You can close your eyes
4. Take 2-3 deep and slow breaths. In your nose and out the mouth
5. Starting from the top of your head, be aware what each part of your body is feeling.
   a. Soften your jaw and face muscles
   b. Relax your shoulders
   c. Relax or soften your muscles
   d. Wiggle your toes
   e. Notice any tension you are experiencing and release it
   f. Feel your body relaxing
6. Take a deep breath into your noe and out your mouth
7. Open your eyes if they are closed.



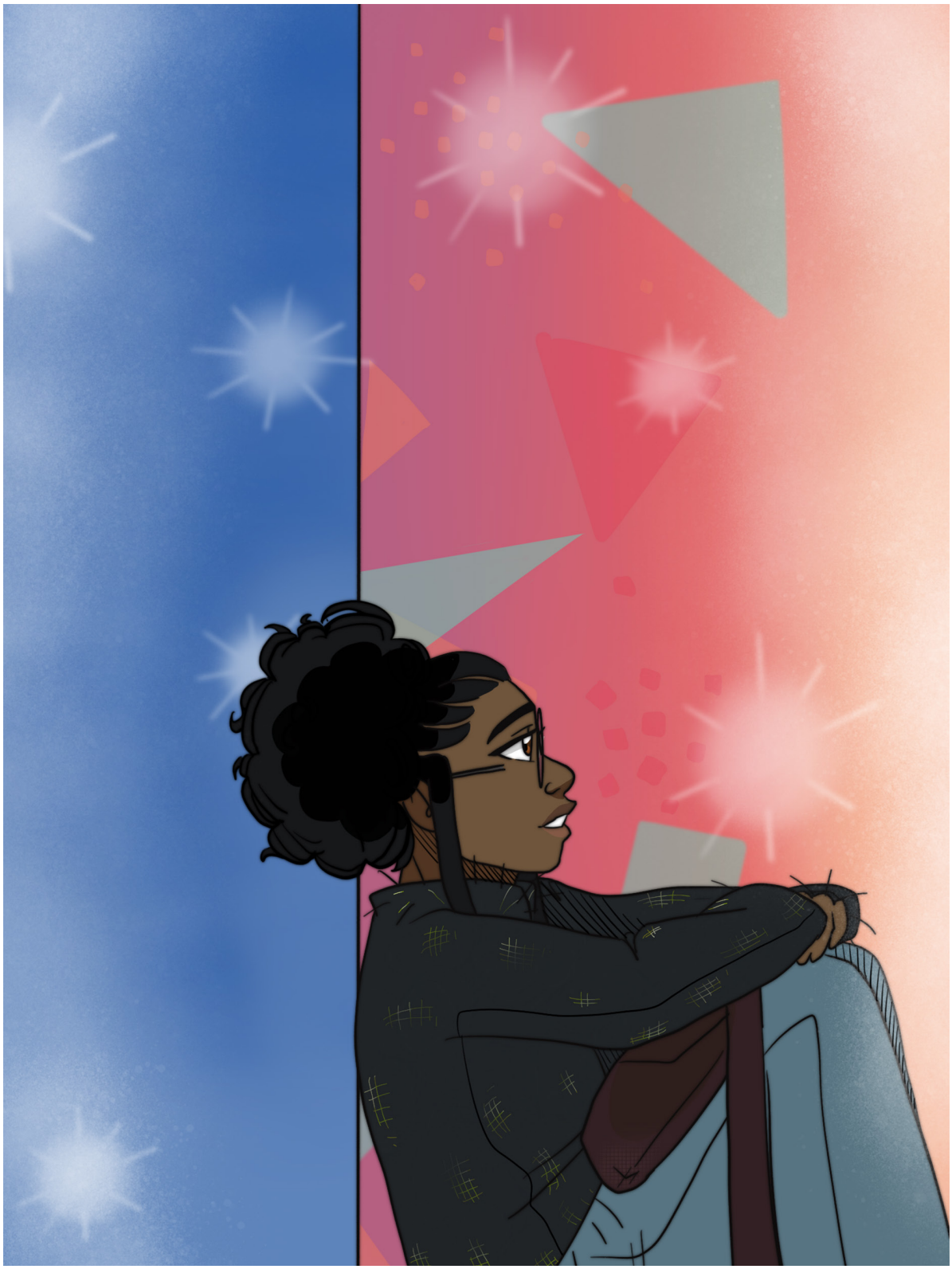
I'm not sure.
I used to worry about monsters under the bed. My sister used to get headaches.

Sudoku Puzzle

Find missing numbers on the 9 by 9 grid.
Here are the rules:
-Each row, column, and box must contain all numbers from 1-9.
-Each number can only appear once in a row column, or box.

5	2	8		9	6			
4						8		
			8	4	5	2	6	
	1	4	7		9	5	3	
				5		1		8
	5		4		8	7	9	6
		9			7		8	
2		1		3				
	3	5			1	6		

Have you talked 2 ur parents?
No...
They've been busy.
And I'm not sure how to talk to them.
I know it's scary but you should talk to them.



if you ever need anything...
We'll be there 4 you.
Let's go to lunch.
Right.
I'm starving
Thanks 4 stopping to talk to me.
Of course.

Coloring

Help In A Crisis

Whether you are in need of crisis services or ongoing support, help is available. The National Suicide Prevention Lifeline is staffed 24 hours a day, 7 days a week and can be reached at 1-800-273-TALK (8255). In a crisis, you can also use the National Textline. Text "MN" to 741741. You are not alone.

YOUTH CRISIS RESOURCES

- National Hopeline Network: 1-800-SUICIDE
- National Suicide Prevention Lifeline: 1-800-273-8255
- National Textline: Text "MN" to 741741
- Throughout Minnesota call **CRISIS
- The Trevor Project for LGBTQI teens and young adults: 1-866-488-7386
- Spanish helpline: 1-877-AYUDESE
- Korean and Chinese (Mandarin and Cantonese) helpline: 1-877-990-8585
- Minnesota Farm & Rural Helpline at 833-600-2670, or Text: FARMSTRESS to 898211
- DeQH: a hotline for Desi and South Asian LGBTQ+ teens and adults. Call 908-367-3347.
- The Steve Fund: crisis support for young people of color. Text STEVE to 741741.
- Asian LifeNet: a 24-hour hotline available in Cantonese, Mandarin, Japanese, Korean & Fujianese. Call 877-990-8585.

Stress & Coping Website

Minnesota Social Support

Acknowledgments

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Puzzle Solutions

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T	C	V	T	B	C	J	I	F	R	W	P	E	E	L
A	P	P	W	C	B	S	S	W	Y	I	B	K	J	U
O	H	T	R	E	M	K	F	T	Z	R	B	G	M	W
J	T	B	P	O	H	S	I	S	E	I	X	N	K	B
D	B	B	T	T	R	N	I	A	O	Z	V	N	W	H
W	N	B	W	E	E	V	T	H	T	P	U	R	P	O
V	O	V	S	R	E	H	E	P	O	S	I	T	I	V
L	I	T	E	D	E	L	Q	E	F	C	T	Z	M	O
G	S	S	A	R	B	B	G	E	W	P	H	Z	J	B
E	N	X	J	Q	J	M	I	N	D	F	U	L	N	E
G	E	J	E	X	B	J	D	H	O	S	A	F	P	V
B	T	T	P	H	T	A	U	L	E	V	O	L	N	E
U	Q	H	T	O	E	Y	Q	H	L	G	V	P	D	A
T	N	C	O	N	C	E	N	T	R	A	T	I	O	N
C	C	A	L	M	E	S	B	A	C	C	E	P	T	A
E	V	S	J	N	Q	S	S	D	D	O	T	U	M	G
L	A	K	Z	U	B	G	T	E	Z	P	F	T	S	A
F	D	H	U	M	N	A	K	V	R	O	U	E	K	R
E	Y	H	Z	Q	C	L	M	N	R	T	Z	F	N	W
R	F	P	H	D	F	X	Z	O	Y	M	S	V	D	B

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5	2	8	3	9	6	4	1	7
4	6	3	1	7	2	8	5	9
1	9	7	8	4	5	2	6	3
8	1	4	7	6	9	5	3	2
9	7	6	2	5	3	1	4	8
3	5	2	4	1	8	7	9	6
6	4	9	5	2	7	3	8	1
2	8	1	6	3	4	9	7	5
7	3	5	9	8	1	6	2	4

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