



PROJECT 

CALM

OVERVIEW

- ▶ Ages 7 - 13.
- ▶ Parents and Children at the same time, hearing similar messages, in different formats
- ▶ 8 weeks, 1.5 hour sessions.
- ▶ Skills and strategies based, theory informed. Not therapy
- ▶ Sources of Anxiety: Sensory - Cognitive - Social
- ▶ Manage anxiety, make use of the energy without being overwhelmed

THEORY

- ▶ CBT based psycho-educational model
- ▶ Acceptance Commitment Therapy (ACT) and Relational Frame Theory (RFT)
- ▶ Self Compassion model

C - CHECK OUT YOUR BODY AND THOUGHT SIGNS

- ▶ what is happening around you?
- ▶ what is your heart doing?
- ▶ is your breathing deep and regular?
- ▶ are you worrying about something?

A- ACCEPT WHAT IS

- ▶ tell yourself your mantra or script
- ▶ take a deep breath
- ▶ reframe any thoughts
- ▶ distraction techniques
- ▶ mindfulness techniques

L= LOOK FOR HELP INSIDE AND OUT

- ▶ ask yourself = where have I seen/ heard this before? What did I do last time?
- ▶ What did I practice?
- ▶ What do I want, and value? What is important to me?
- ▶ What distractions do I know? What can I use to change?
- ▶ Who is close that I trust?
- ▶ Who can help?

M = MAKE A MOVE

- ▶ take action
- ▶ move towards what you value
- ▶ feel the fear do it anyway
- ▶ jump, run, skip, smile, any action at all to jolt your state