

I'M NOT ANXIOUS

I'm not anxious
I must be hungry as I get lightheaded when I don't eat
I'm not anxious
So ignore the grinding of my teeth while I sleep
I'm not anxious
But is it me or has someone turned up the heat?
I'm not anxious
It is just butterflies in my belly and my fidgety feet
I'm not anxious
It's just pins and needles and occasional aches and pains
I'm not anxious
It's just the world speeding up while I stay the same
I'm not anxious
I just can't help thinking over a situation again and again
I'm not anxious
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I'm not anxious
I just fear the worst wondering whether it will come true
I'm not anxious
Just red faced feeling blue
Okay maybe I am a bit anxious
Possibly
Just slightly I don't really know
Time to dig up my worry tree before the anxiety grows I
have noticed the worry
I feel it in my body and mind
I can do something about it
Plan and make some time
Pause
Go for a walk
Listen to some music
Write a poem on my phone
I am a lot less anxious
When I am aware of it and not leaving it alone
I'm not anxious

Written by: Thomas Owoo, Advisory Teacher
for Gloucester House Outreach Service

About the author

Thomas Owoo is an Advisory Teacher for Gloucester House Outreach Service. Over the last 20 years, he has been SEN Advisory Team Leader and SEMH Advisory Teacher for Brent and Redbridge councils. He has vast experience of working within schools settings, where his roles have included Alternative Provision and Inclusion Manager, PSHE and Citizenship Coordinator and Psychology and Sociology Teacher. Thomas' experience and passion make him an expert in supporting the individual and systemic change required to support young people with special educational needs and disabilities.

What is the Gloucester House Outreach Service?

[Gloucester House Outreach Service](#), part of the Tavistock and Portman NHS Foundation Trust, is an integrated team of clinical and education specialists that provide a unique service – offering skills and experience in both mental health and education that address the most pressing needs and challenges facing our children's sector today.

It is a standalone service that can be commissioned by local authorities or schools. Our aim is to support children with social, emotional and mental health needs to either remain in mainstream schools, stay engaged in some form of education through bespoke direct teaching, or effectively transition into appropriate provisions.

Our service also [provides extensive staff training](#) in addition to its direct work with children, families and the professional network around the child – for example, schools, CAMHS and children's services.

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Find out more: www.gloucesterhouse.camden.sch.uk/outreach