



Purple Ella

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‘Catastrophising is when you are anxious about a situation and that anxiety leads your brain to ruminate on a potentially disastrous outcome’



**When the glass
becomes full of day
to day anxiety then
it can overflow into
catastrophizing.**



Create a daily routine.

Sensory Toolkit



self
esteem

use energy need to be balanced by i



Mindfulness



**Use special interests to
distract and reduce anxiety**



Rewriting the script



Mentoring

**‘What would Katie
do?’**

