



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

**Energy 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?’**

