

# 1 Situation

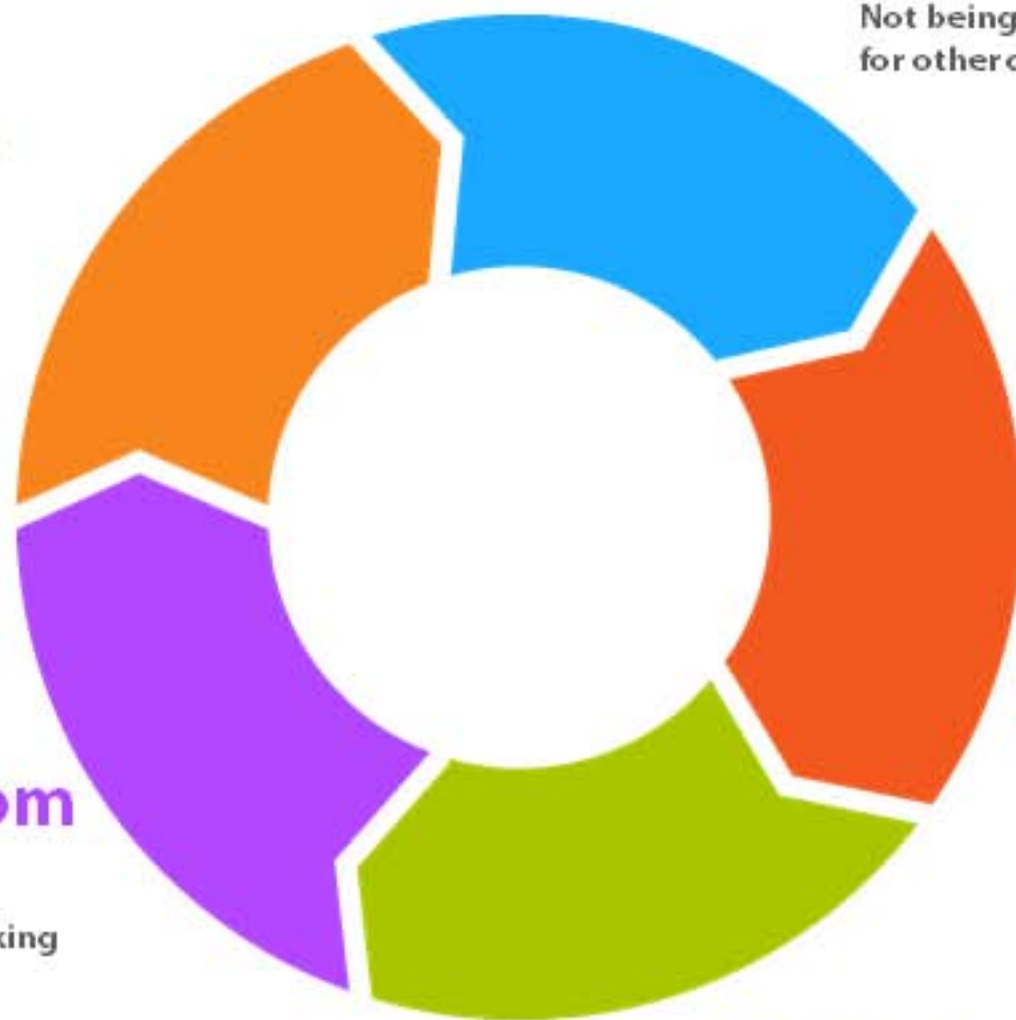
Not being able to eat food that is safe for other children.

# 2 Automatic Thought

"That's not fair"  
"What's wrong with me?"  
"How come they can eat that, but I can't?"  
"I don't want to be different"  
"What if I have to use my EpiPen?"

# 3 Feeling/Emotion

Angry            Anxious  
Confused        Unsure  
Sad               Scared  
Irritable         Annoyed  
Uncomfortable   On edge



# 5 Behavior

Avoidance  
Withdrawal  
Isolating  
Acting out

# 4 Physical Symptom

Stomach ache    Nausea / diarrhea  
Headache        Foot tapping / shaking  
Sweating        Feeling flushed  
Tired  
Increased heart rate  
Trouble breathing

# Ways to help talk through the feelings of anxiety

- Talk through their fears / worries. What's the worst that would happen...If we had to use the EpiPen? If you ate something you're allergic to?
- Help them identify what they are feeling. "I noticed you seem more quiet, are you feeling worried?" and then validate what they are feeling "I can see why you would feel worried"" That would be normal that you would be upset""I sometimes worry about things too." Try to validate and normalize what your child is experiencing or feeling. Refrain from saying "You don't need to worry about that."
- Try things to help your child feel like they are more in control:
  - Invite him/her to try new recipes with you
  - Take him/her to the grocery store to pick out allergy free foods that they would like
  - Make "normal" food safe with things they can eat
  - Try being their support buddy while they try new foods by giving up the foods they can't have (ie: If they can't drink milk, try switching to soy/almond/rice/cashew/dairy free milk yourself to experience it)
- Techniques to help reduce feelings of anxiety
  - Deep breathing – in through your nose, out through your mouth. Go as slow as you can with this.
  - Talk about positive things to help get their mind off the worries
  - Use creative forms of expression: music, writing, dancing, exercise, drawing, coloring, etc to process their emotions/feelings