

Name: _____

Date: _____

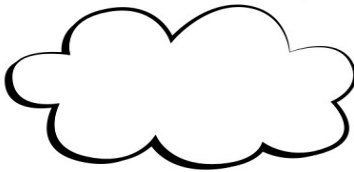
COPING WITH ANXIETY

Some things that make me feel anxious are...

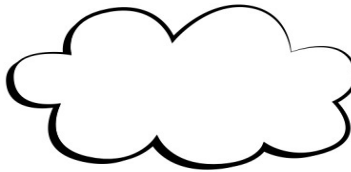
1. _____
2. _____
3. _____

These changes happen when I feel anxious:

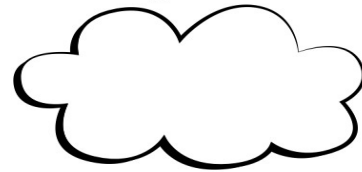
Changes in my body...



Thoughts I have...



Things I do...



When I feel anxious, I can cope by:

*Check all of the coping skills that might be helpful!
Use the blank spaces to write on your own.*

- | | | |
|---|--|-------|
| <input type="checkbox"/> <i>Going for a walk</i> | <input type="checkbox"/> <i>Deep breathing</i> | _____ |
| <input type="checkbox"/> <i>Writing in my journal</i> | <input type="checkbox"/> <i>Using positive self-talk</i> | _____ |
| <input type="checkbox"/> <i>Practicing mindfulness</i> | <input type="checkbox"/> <i>Meditating or relaxing</i> | _____ |
| <input type="checkbox"/> <i>Thinking happy thoughts</i> | <input type="checkbox"/> <i>Talking to a friend</i> | _____ |
| <input type="checkbox"/> <i>Keeping myself busy</i> | <input type="checkbox"/> <i>Talking to an adult</i> | _____ |
| <input type="checkbox"/> <i>Exercising</i> | <input type="checkbox"/> <i>Playing a game</i> | _____ |