

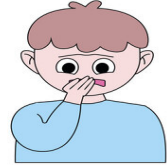
Name: _____

Date: _____



COPING ANXIETY

Directions: When you feel anxiety, try to cope your anxiety with this worksheet.



1). Things that make you feel anxious are...

a	
b	
c	
d	
e	

2). Three changes happen when you feel anxious are...

Change in your body	Thoughts you have	Things you do

3). When you feel anxious, you can cope by:

- | | | |
|---|--|---|
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Spending Time in Nature | <input type="checkbox"/> Limiting Social Media |
| <input type="checkbox"/> Deep Breathing | <input type="checkbox"/> Talking to a Friend | <input type="checkbox"/> Getting Enough Sleep |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Engaging in a Hobby | <input type="checkbox"/> Drinking Tea |
| <input type="checkbox"/> Journaling | <input type="checkbox"/> Laughing | <input type="checkbox"/> Reading a Book |
| <input type="checkbox"/> Listening to Music | <input type="checkbox"/> Practicing Gratitude | <input type="checkbox"/> Stretching or Doing Yoga |