

Name: _____

Date: _____



COPING ANXIETY



Directions: When you feel anxiety,
this can be helpful to mentally prepare ahead of time.
Use this worksheet to think of ways to prepare with the situation.

1). What situation or triggers might make me feel anxious?

2). How have I handled it before?

3). What can I say or do before to prepare for this situation?

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Relaxation Skills

1. _____
2. _____
3. _____
4. _____

Distraction Skills

1. _____
2. _____
3. _____
4. _____

Thinking Skills

1. _____
2. _____
3. _____
4. _____