

MY COPING SKILLS

anxiety



1.

Can you identify the source of your anxiety?

2.

Can you find solutions to the problems that are giving you anxiety?

- Problem

- Potential Solutions

3.

If you can't find a solution or still experience anxiety try steps 4-6.

4.

What are things you enjoy doing (e.g., watching a fun video, talking to a friend, going for a walk or exercising)? Write down three activities you can do when you are feeling anxious.

5.

What are things that soothe or calm you down (e.g., meditation, listening to music, playing with a pet, drawing, looking at photos, yoga)? Write down three activities you can do when you are anxious.

6.

Is there a trusted friend or adult you can speak with to help you? List three people who you can reach out to when you are feeling anxious.

*Remember: The key is to find several options that work for you in various situations. Sometimes, you need to switch up and try different coping skills to find one that works best.