

# ANXIETY WORKSHEET FOR KIDS & TEEN 20 PAGE BUNDLE

## COPING SKILLS FOR ANXIETY

A coping skill is something you can do to help you reduce uncomfortable feelings when things you fear happen to you. There are two types of coping skills: healthy and unhealthy.

### HEALTHY SKILLS

Remember, coping skills give you a choice. You can choose to use coping skills that are helpful and healthy, or you can choose to use coping skills that are not helpful and are unhealthy. Think about the problems in the box below. What are some healthy coping skills you can use to get off?

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|---|---|---|---|
| <input type="checkbox"/> Reaching out to a friend | <input type="checkbox"/> Talking to a counselor     | <input type="checkbox"/> Talking to a trusted adult | <input type="checkbox"/> Talking to a friend        |
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## CHANGING NEGATIVE THOUGHTS

It's not always easy to change negative thoughts, but you can try to change them. Here are some ideas to help you.



## LETTING GO OF ANXIOUS THOUGHTS

Sometimes letting go of our worries can help us feel lighter and free. There are many ways to do this. Here are some ideas to help you.



## ANXIETY TRIGGERS

An anxiety trigger is something that makes you feel nervous, worried, or stressed. Think about the things that make you feel this way. Write them down.



## ANXIETY SYMPTOMS CHECKLIST



## HOW ANXIETY FEELS IN MY BODY

Color in the feelings you have in your body when you feel good.



What other symptoms do you experience when you are anxious?

## ANXIOUS THOUGHTS BREAK DOWN

### Anxiety vs. Truth

Anxiety often leads to anxious thoughts. You may feel like the world is spinning, things are falling apart, and things will go wrong. But in the meantime, you might be missing out on all the good things that are happening around you.



### Automatic Negative Thoughts

Automatic negative thoughts (ANTs) are thoughts that you can't control. They often lead to feelings of fear, worry, and stress. Here are some examples of ANTs.



### Calm Down Thoughts

When you feel overwhelmed or stressed, it's important to take a break. Here are some ideas to help you calm down.

Write down your calm down thoughts here:

## COPING WITH ANXIETY

There are many ways to cope with anxiety. Here are some ideas to help you.

### What I Feel Anxious



There are different ways to cope with anxiety. Here are some ideas to help you.

- |   |   |
|---|---|
| <b>Physical Activities</b>  | <b>Relaxation Techniques</b>  |
| <ul style="list-style-type: none"> <li>Take a long walk</li> <li>Do a yoga class</li> <li>Practice Tai Chi</li> <li>Take a hot bath</li> <li>Listen to music</li> <li>Take a nap</li> <li>Other: _____</li> </ul> | <ul style="list-style-type: none"> <li>Deep breathing</li> <li>Progressive muscle relaxation</li> <li>Visualization</li> <li>Guided imagery</li> <li>Transcendental meditation</li> <li>Other: _____</li> </ul> |
| <b>Emotional Support</b>  | <b>Self-Care</b>  |
| <ul style="list-style-type: none"> <li>Talk to a friend</li> <li>Talk to a counselor</li> <li>Write in a journal</li> <li>Take a break</li> <li>Other: _____</li> </ul>   | <ul style="list-style-type: none"> <li>Get enough sleep</li> <li>Eat healthy foods</li> <li>Exercise regularly</li> <li>Take breaks</li> <li>Other: _____</li> </ul>  |

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