

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.

UNHEALTHY

Unhealthy coping skills give you short-term relief, but they don't solve the long-term problem. And they can make the problem or problem worse. It's like not washing the dishes in the long term. What you can do to help you cope with your anxiety is to use healthy coping skills.

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| <ul style="list-style-type: none"> <input type="checkbox"/> Reaching out to a friend <input type="checkbox"/> Aggression or violence <input type="checkbox"/> Spreading rumors <input type="checkbox"/> Talking or acting badly to others <input type="checkbox"/> Truancy <input type="checkbox"/> Self-harm | <ul style="list-style-type: none"> <input type="checkbox"/> Drinking alcohol <input type="checkbox"/> Smoking <input type="checkbox"/> Eating too much <input type="checkbox"/> Using or abusing drugs <input type="checkbox"/> Using or abusing prescription medicine <input type="checkbox"/> Missing school |
|---|--|

ANXIETY SYMPTOMS CHECKLIST



CHANGING NEGATIVE THOUGHTS

It's not always easy to change negative thoughts, but you can try to change them. You can try to change them by thinking about the good things that happen to you every day.



LETTING GO OF ANXIOUS THOUGHTS

Sometimes letting go of our worries can help us feel lighter and free. Letting go of our worries can help us feel lighter and free. Letting go of our worries can help us feel lighter and free.



ANXIETY TRIGGERS

Anxiety triggers are something that make you feel nervous, worried, or stressed. You can try to avoid them or change them. You can try to avoid them or change them.



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, and you can feel the effects of negative thoughts. You can try to change them by thinking about the good things that happen to you every day.



Automatic Negative Thoughts

Automatic negative thoughts are thoughts that you can feel without effort. You can try to change them by thinking about the good things that happen to you every day.



Calm Down Thoughts

When you feel nervous or anxious, you can try to calm down your thoughts. You can try to calm down your thoughts by thinking about the good things that happen to you every day.

Blank space for writing calm down thoughts.

COPING WITH ANXIETY



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