

WORKING THROUGH ANXIETY



1

What situation is making me feel worried or anxious?

2

What are some negative thoughts I am having about the situation?

3

What feelings do I have in my body?

4

What actions can I take to keep this from happening?

5

What is the worst thing that can happen?

7

What are some coping skills I can use to calm my body down?

6

What are some encouraging statements I can tell myself to help calm my mind?

Anxiety Relief Math Worksheet Today

JA Banks



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