

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 to always ask yourself, "Am I feeling better?" and use that to guide your decisions. Ask if the healthy coping skill you choose will help you solve the problem in the long term. What you choose depends on what you want to do or get off of.

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|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Reaching out to a friend <input type="checkbox"/> Expressing your feelings <input type="checkbox"/> Spending time with family or friends <input type="checkbox"/> Making a list of things to do <input type="checkbox"/> Talking to a counselor <input type="checkbox"/> Writing in a journal <input type="checkbox"/> Practicing deep breathing | <ul style="list-style-type: none"> <input type="checkbox"/> Drinking alcohol <input type="checkbox"/> Smoking <input type="checkbox"/> Eating junk food <input type="checkbox"/> Using drugs <input type="checkbox"/> Staying in bed <input type="checkbox"/> Isolating yourself <input type="checkbox"/> Thinking about the problem |
|---|---|

CHANGING NEGATIVE THOUGHTS

So many of us have negative thoughts that we don't even realize we have. It's important to learn how to change them.



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.



ANXIETY SYMPTOMS CHECKLIST



HOW ANXIETY FEELS IN MY BODY

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



ANXIOUS THOUGHTS BREAK DOWN

Anxiety vs. Truth

Anxiety often leads to anxious thoughts. You may feel like you are overreacting, but it's important to remember that anxiety is a feeling, not a fact.



Automatic Negative Thoughts

Automatic negative thoughts are thoughts that you have without wanting them. They often lead to anxious thoughts.



Calm Down Thoughts

When you feel a wave of anxiety, remind yourself that you are safe and that you are in control. Use these thoughts to help you calm down.

Write your calm down thoughts here:

ANXIETY TRIGGERS

Anxiety triggers are something that make you feel nervous or worried. It's important to know what your triggers are.



COPING WITH ANXIETY



Use these coping strategies to help you manage your anxiety.

<ul style="list-style-type: none"> <input type="checkbox"/> Take a break <input type="checkbox"/> Talk to a friend <input type="checkbox"/> Practice deep breathing <input type="checkbox"/> Use positive affirmations <input type="checkbox"/> Engage in physical activity <input type="checkbox"/> Practice mindfulness 	<ul style="list-style-type: none"> <input type="checkbox"/> Take a break <input type="checkbox"/> Talk to a friend <input type="checkbox"/> Practice deep breathing <input type="checkbox"/> Use positive affirmations <input type="checkbox"/> Engage in physical activity <input type="checkbox"/> Practice mindfulness
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Anxiety Relief Math Worksheet Price

Thomas Griffiths



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