

I Can Cope with Feeling Anxious

Some things that make me feel anxious are . . .

1. _____
2. _____
3. _____

These changes happen when I feel anxious

Changes in my body . . .	Thoughts I have . . .	Things I do . . .
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When I Feel Anxious, I can Cope by :

Check all of the helpful skills below that you could use when trying to cope with anxiety. You may also use the blank spaces to fill in your own.

- | | |
|--|---|
| <input type="checkbox"/> Deep breathing | <input type="checkbox"/> Playing a game |
| <input type="checkbox"/> Going on a walk | <input type="checkbox"/> Journaling |
| <input type="checkbox"/> Taking a time-out | <input type="checkbox"/> Exercising |
| <input type="checkbox"/> Positive self-talk | <input type="checkbox"/> Reading a book |
| <input type="checkbox"/> Talking to a friend | <input type="checkbox"/> Doing a craft |
| <input type="checkbox"/> Talking to an adult | <input type="checkbox"/> Playing with a pet |
