

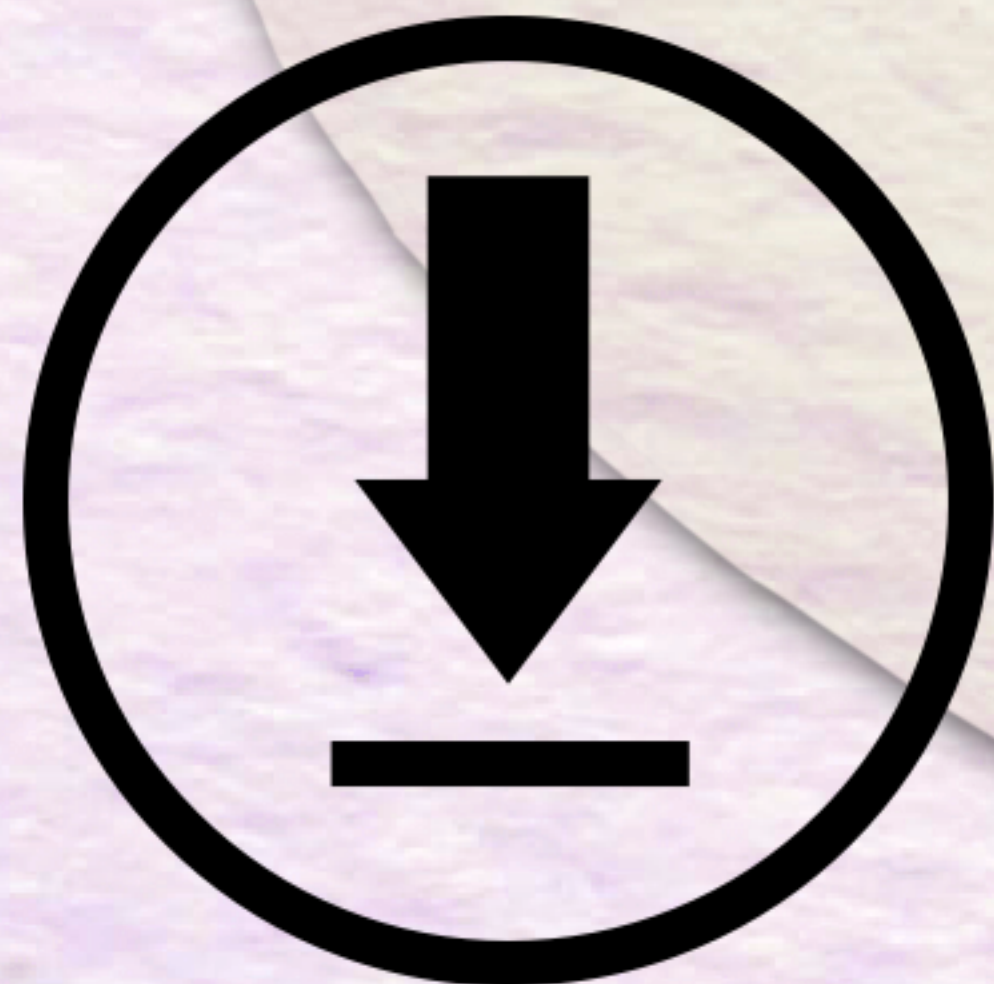
Anxious Thought Patterns

Coping Mechanism Worksheet

Are you feeling a little stressed?
Circle as many reasons why
you might be experiencing
anxiety. If other, write it down.

- a. Work
- b. Family
- c. School
- d. Relationship
- e. Money

f. Other



Now, place your number of
stressors from most to least
stressful. If you only have
one, that's okay too!

- _____
- _____
- _____

- _____
- _____
- _____

Take It
Easy! One
Step At A
Time!

Now... what small steps can I take?
Use your list to come up with a healthy coping mechanism for
each stressor. It could be something as small as
meal prep or getting a calendar.
You decide what's best for you!

c.
