

# ANXIETY ADVENTURE

## Anxiety MadLibs



Let's turn your anxiety story into an adventure!

Once upon a time in a (adjective) \_\_\_\_\_ land, there lived a young adult named (name) \_\_\_\_\_. (Name) had been feeling (emotion) \_\_\_\_\_ lately because of their anxiety. One day, they decided to go on an adventure to find some coping skills to help them overcome their anxiety.

They packed a bag with their (favorite item) \_\_\_\_\_ and set off on their journey. Along the way, they encountered a (adjective) \_\_\_\_\_ (animal) \_\_\_\_\_ who offered some advice. The (animal) \_\_\_\_\_ said, "When you're feeling anxious, try taking (number) \_\_\_\_\_ deep breaths and counting to (number) \_\_\_\_\_. It can help calm your nerves."

Feeling encouraged, (name) \_\_\_\_\_ continued their adventure and came across a (color) \_\_\_\_\_ (object) \_\_\_\_\_. The (object) \_\_\_\_\_ had a message for them, "Another great coping skill is (activity) \_\_\_\_\_. Doing this can help distract your mind from anxious thoughts and make you feel better."

With these coping skills in mind, (name) \_\_\_\_\_ continued their journey and encountered a (weather condition) \_\_\_\_\_ (element) \_\_\_\_\_. The (element) \_\_\_\_\_ said, "Don't forget to practice (hobby) \_\_\_\_\_ regularly. It's a great way to reduce anxiety and keep your mind at ease."

As (name) \_\_\_\_\_ returned home, they felt more (emotion) \_\_\_\_\_ and better equipped to manage their anxiety. They realized that with deep breaths, distracting activities, and pursuing their hobbies, they could overcome their anxiety and live a happier life.

**The end.**

# The Enchanted Coping Quest



## Anxiety MadLibs

Grab your wand and imagination, it's time to discover magical ways to manage anxiety.

In the mystical realm of (magical land) \_\_\_\_\_, a young wizard named (wizard's name) \_\_\_\_\_ faced an unusual challenge. Anxiety had crept into (wizard's name) \_\_\_\_\_'s life, and they knew it was time to embark on a magical quest to find the secret coping skills that could defeat this daunting foe.

Armed with a (magical item) \_\_\_\_\_ and their trusty (fantasy creature) \_\_\_\_\_ companion, (wizard's name) \_\_\_\_\_ set out on an enchanted journey. The path led them through a (fantasy terrain) \_\_\_\_\_, where a wise (fantasy creature) \_\_\_\_\_ bestowed some advice, "In times of anxiety, my dear wizard, conjure a (color) \_\_\_\_\_ (magical object) \_\_\_\_\_ and imagine it absorbing your worries. Watch as it dissolves them away!"

Feeling enlightened, (wizard's name) \_\_\_\_\_ continued through a (weather condition) \_\_\_\_\_ (element) \_\_\_\_\_ and discovered a hidden (magical location) \_\_\_\_\_. There, an ancient (magical being) \_\_\_\_\_ whispered, "A powerful coping spell is to (magical activity) \_\_\_\_\_. It will transport you to a world where anxiety has no power over you."

Eager to learn more, (wizard's name) \_\_\_\_\_ ventured deeper into the mystical forest, where they encountered a (magical plant) \_\_\_\_\_. This sentient plant shared its wisdom, "My magical friend, make time for (hobby) \_\_\_\_\_. It's like an elixir for the soul, calming the storm of anxiety within you."

With newfound knowledge and a heart full of hope, (wizard's name) \_\_\_\_\_ returned to their magical abode, ready to face their anxiety with courage and the enchanted coping skills they had discovered. As they practiced the art of (magical skill) \_\_\_\_\_ and employed their (magical item) \_\_\_\_\_, they found that their anxiety began to wane, and their world became more enchanted than ever.

The end.

# THE JEDI OF SELF-COMPASSION

Even the strongest Jedi need a moment of self-kindness. Ready to  
explore the Force within?  
Fill in the blanks and begin your self-compassion journey.



In a galaxy far, far away, a young (Jedi name) \_\_\_\_\_ found themselves navigating the challenging path of self-compassion. The Force was strong within them, but so was the inner turmoil caused by (adjective) \_\_\_\_\_ thoughts and self-criticism.

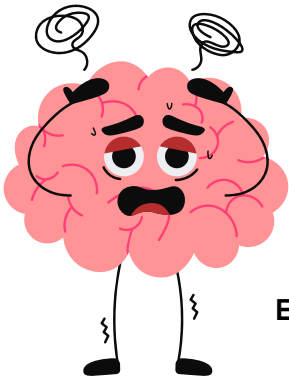
One day, their wise Jedi Master, (Master's name) \_\_\_\_\_, imparted a crucial lesson. "Padawan, to master self-compassion, you must first embrace the power of (adjective) \_\_\_\_\_ kindness. When you stumble, treat yourself as you would a fellow Jedi in need. Offer yourself (adjective) \_\_\_\_\_ words and acknowledge that mistakes are a part of the journey."

Embracing this wisdom, (Jedi name) \_\_\_\_\_ set off on a quest through the galaxy. On the planet (Planet name) \_\_\_\_\_, they encountered a mindfulness guru named (Mindfulness mentor) \_\_\_\_\_. This wise mentor shared, "In the midst of chaos, center yourself through (sensory experience) \_\_\_\_\_. Be present in the Force, and let it guide you to a place of (emotion) \_\_\_\_\_ calmness."

Continuing their journey to the starry skies of (Celestial location) \_\_\_\_\_, (Jedi name) \_\_\_\_\_ discovered a group of beings who emphasized the importance of common humanity. "Remember, young Jedi, you are not alone in your struggles. Every being faces challenges. Share your experiences, and you'll find strength in the (plural noun) \_\_\_\_\_ of others."

Armed with these self-compassion skills, (Jedi name) \_\_\_\_\_ returned to their Jedi temple, ready to face the battles within their own mind. They practiced (mindful activity) \_\_\_\_\_ daily, showed themselves (adjective) \_\_\_\_\_ kindness, and connected with fellow Jedi on the shared journey of self-compassion.

May the Force of self-compassion be with you, (Jedi name) \_\_\_\_\_.



# The Wacky Test Anxiety Adventure

**Ever wonder what it would be like if your anxiety had its own circus?  
Let's find out in this wacky MadLibs adventure!**

Once upon a time in a land not too far away, there lived a nervous Nellie named [Name] \_\_\_\_\_. [Name] \_\_\_\_\_ was a bright student, but whenever a test approached, their stomach felt like a circus full of jittery clowns.

One day, [Name] \_\_\_\_\_ went to see their trusty therapist, Dr. Wacky Wanda, who had a magical bag full of coping skills. As [Name] \_\_\_\_\_ entered Dr. Wacky Wanda's office, they were greeted by a zebra wearing sunglasses and juggling rubber chickens. "Welcome to the wackiest therapy session in town!" Dr. Wacky Wanda exclaimed.

[Name] \_\_\_\_\_ settled into a cozy beanbag chair as Dr. Wacky Wanda pulled out her enchanted clipboard and began the mad lib adventure.

"Alrighty, [Name] \_\_\_\_\_, let's start by filling in the blanks with some silly words to describe your test anxiety," said Dr. Wacky Wanda.

[Name] \_\_\_\_\_ thought for a moment and then shouted out, "My test anxiety feels like a flock of caffeinated flamingos tap dancing in my tummy!"

Dr. Wacky Wanda giggled and scribbled down the description. "Perfect! Now, let's talk about some coping skills to tame those tap-dancing flamingos. How about we create a magical mantra to repeat when you're feeling anxious?"

[Name] \_\_\_\_\_ nodded eagerly, their imagination running wild. "How about 'I am a test-taking ninja, and I can conquer any exam!'" they suggested with a grin.

Dr. Wacky Wanda clapped her hands in delight. "Brilliant! Now, let's add some breathing magic to the mix. Imagine you're inhaling the scent of freshly baked cookies and exhaling sparkly glitter."

[Name] \_\_\_\_\_ closed their eyes and practiced the cookie-breathing technique, giggling as they imagined glittery clouds floating away with each exhale.

As the session came to an end, Dr. Wacky Wanda handed [Name] \_\_\_\_\_ a sparkly wand adorned with rainbow ribbons. "Take this wand with you, [Name] \_\_\_\_\_. Whenever those tap-dancing flamingos start their show, just give the wand a twirl and remember you're a test-taking ninja!"

With a newfound sense of confidence and a sprinkle of silliness, [Name] \_\_\_\_\_ skipped out of Dr. Wacky Wanda's office, ready to tackle any test that came their way.

And so, armed with their magical coping skills and a touch of whimsy, [Name] \_\_\_\_\_ embarked on their wacky test anxiety adventure, knowing that they could overcome any challenge with a sprinkle of silliness and a dash of determination.