Anxiety - Session 3 - Teens

Definition of Anxiety:

Write down symptoms you relate to in each category.

EMOTIONAL: MENTAL: PHYSICAL:

Holy Restored
COPING SKILLS & JESUS

What are some situational or circumstances you have experienced?

Look up these scriptures:

- 2 Corinthians 10:4
- Ephesians 6:10
- 2 Corinthians 10:5

Your FEELING CENTER is BIGGER than your DECISON MAKING CENTER!

Write down a few ideas for a CODE word, the funnier the better!

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Positive Coping Skills:

1.
2.
3.
4.
5.

What do you do when you have anxious thoughts / anxious feelings?

Coping Skills - "tools you use to cope with issues.

More ideas of Coping Skills

- Grounding
- Make Lists
- Progressive Muscle Relaxation

Are there any negative coping skills that you can admit to doing / using?

Is there anyone you trust enough to ask for help?

YOU ARE NOT ALONE!

Please contact us if you have any further questions on this topic!