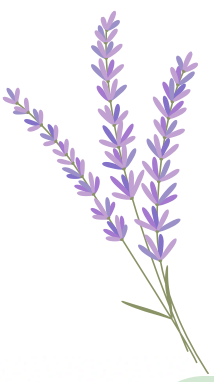


Coping with Anxiety: A Guide for Teens

Hi there! I am a mental health therapist and former high school biology teacher, and I created this guide to help you manage anxiety, especially during these school years. Anxiety can feel overwhelming, but you are not alone, and there are tools to help you feel calmer. Let's get started!



30 Day Anxiety Tracker for Teens

Track your anxiety and understand your triggers to find out what helps you feel calmer. Designed by a therapist and former high school teacher to support you through daily life.

Month:

Each day rate your anxiety on a scale of 1 to 10 & color code it

1-3 (low anxiety): Green
4-6 (moderate anxiety): Yellow
7-10 (high anxiety): Red

Daily Reflection Chart

Day	Trigger <small>(argument with friend)</small>	Physical Symptoms <small>(racing heart)</small>	Coping Strategy Used <small>(deep breathing)</small>	Effectiveness <small>(helped a lot)</small>	Notes <small>(felt better after talking with my friend)</small>

At the end of the month, look for patterns. What triggers your anxiety most? Which strategies work best for you?

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Grounding Techniques to Stay Present

Use these techniques to help ground yourself, relieving immediate stress and tension from your body



Physical Object Focus

Grab something nearby – like a phone, pencil, or even a piece of clothing. Focus on its texture, weight, and details. Turn it over in your hands and describe it silently to yourself. This anchors you to the here and now.



Deep Breathing with a Twist

Sit comfortably, close your eyes, and take slow, deep breaths – inhale for 4 seconds, hold for 4, exhale for 4. Picture something calming, like waves or a favorite place, to make it more engaging.



Count Backyard

Pick a number like 100 and count backward by 5s (100, 95, 90, etc). It's simple but takes enough focus to pull your mind away from stress. If that is too challenging, try counting down by 2s or even 1s.



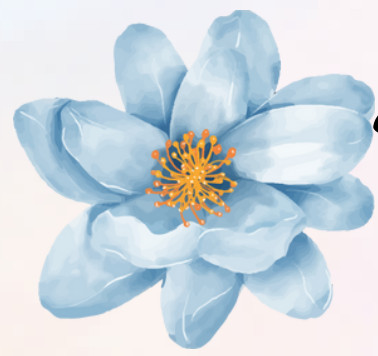
Body Scan

Sit or lie down, close your eyes and mentally “scan” your body from head to toe. Notice any tension – like tight shoulders or clenched fists – and imagine it melting away as you breathe. It is a quick way to reconnect with yourself.



5-4-3-2-1 Sensory Check

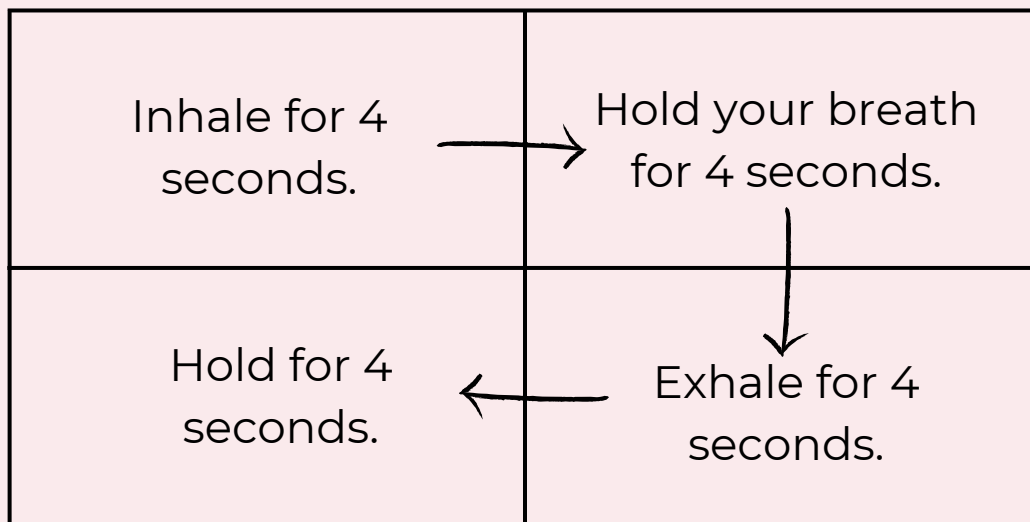
Find a quiet spot and name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. This engages all of your senses and helps shift your attention away from racing thoughts.



Breathing & Reflecting To Calm Your Mind

Box Breathing

This breathing exercise helps slow down your heart rate and calm your mind.



Repeat 4 times.

Journaling Prompts

Journaling can help you process your feelings. Try these prompts when you're feeling anxious.




- 🌻 What's one thing I am worried about today and how can I reframe it? (Example: I'm worried about my test, but I can study for 20 minutes and take breaks.)
- 🌻 What's one thing I can control right now? (Example: I can control my breathing.)
- 🌻 What's one thing that made me smile today, even if it was small?



Anxiety at School & How Your Brain Works

School-Specific Tips

Anxiety can feel bigger at school, but here are some tips to help.

-  Before a test: Break your study time into 20-minute chunks with 5-minute breaks to avoid feeling overwhelmed.
-  In the Cafeteria: If social anxiety hits, find a safe person to sit with, or take a moment to breathe in the hallway.
-  During class: If you feel anxious, try squeezing and releasing your hands under your desk, or lifting the toes of one foot at a time – it's a quiet way to release tension.

Brain Science Insight

Did you know anxiety affects your brain? When you're anxious, your amygdala – the brain's alarm system – gets activated, making you feel on edge. But using calming techniques like breathing or grounding helps your prefrontal cortex (the thinking part of your brain) take back control.


You got this!

Printable Affirmation Cards

Provides teens with positive affirmations to reduce anxiety and boost confidence, designed to be printed and carried.

(printed double-sided)


**I am stronger
than my
worries.**




**I can handle
whatever life
throws at me.**



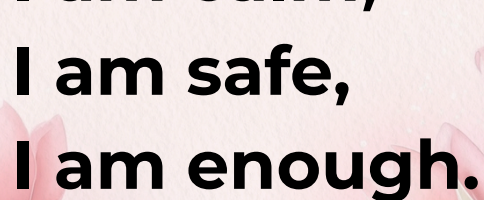
**My anxiety
does not
define me.**




**I am enough,
just as I am.**




**I am calm,
I am safe,
I am enough.**




**I can take
things one
step at a time.**




**I am brave,
even when
I feel scared.**




**I deserve to
feel peace in
my mind.**



**I am growing
stronger
every day.**



**I can ask for
help when I
need it.**



Printable Affirmation Cards

Provides teens with positive affirmations to reduce anxiety and boost confidence, designed to be printed and carried.

(printed double sided)

**Write down one thing
you're proud of today.**

**What's one small step
you can take to feel
calmer?**

**Who can you talk to
when you feel
anxious?**

**What's one thing you
love about yourself?**

**Write a kind message
to yourself.**

**What's one thing that
made you smile
today?**

**What's one way you
can take care of
yourself today?**

**What's one thing
you're looking forward
to?**

**Write down a happy
memory to think
about.**

**What's one thing you
can do to feel
grounded?**



Quick Anxiety Relief Cheat Sheet

Top 3 Grounding Techniques

5-4-3-2-1: Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.

Body Scan: Relax your body from toes to head, taking slow breaths.

Box Breathing: Inhale 4 seconds, hold 4, exhale 4, hold 4. Repeat 4 times.

Go to Affirmation

I am calm. I am safe. I am enough

Emergency Contact

Trusted Adult's Name: _____

Phone Number: _____

Quick Distraction Ideas

Count backward from 100 by 5s (e.g., 100, 95, 90....) or a small unit

Name 5 things you're grateful for right now.

Focus on an object and describe it in detail (e.g., it's color, texture, etc).



How to Use Your Anxiety Toolkit for Teens

Thank you for purchasing the Anxiety Toolkit for Teens from Let Growth Bloom. Here's how to get started.

Anxiety Tracker

Print the tracker on 8.5x11 paper at 100% scale. Each day, rate your anxiety (1-10), note your triggers, symptoms, and coping strategies, reflecting on what works best. You will need to print twice for all 30 days for the chart.

Coping Guide

Print the guide and keep it in your binder or backpack. Try the grounding techniques, breathing exercises, and journaling prompts whenever you feel anxious.

Affirmation Cards

Print the cards on cardstock, cut them out along the lines, and carry them with you. Read the affirmations when you need a boost, and use the prompts on the back to reflect.

Cheat Sheet

Print the cheat sheet and keep it handy (e.g., in your binder or bag) for quick anxiety relief tips.

Printing Tips

Use a color printer for the best experience, or print in black and white if needed. If you don't have a printer, you can use a local print shop or the library.

Need Help?

If you have any questions, message me on Etsy – I'm here to help!