

# 30 DAY ANXIETY RESET FOR TEENS

Track your stress, spot what sets you off, and figure out how to stay in control. Built by a therapist and former high school teacher to help you handle whatever comes your way.

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

# Stress Tracker Log

Day	Trigger (argument w/friend)	Physical Symptom (racing heart)	Coping Strategy Used (deep breathing)	Effectiveness (helped a lot)	Notes (next time I will...)

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



# ANXIETY RESET GUIDE: TAKE CONTROL

Hey! I'm a mental health pro and former high school teacher who built this toolkit to help you tackle stress, especially during these tough school years. Stress can hit hard, but you're not alone—use these tools to stay in charge.

Let's get to work!



# 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 – it's like cracking a code to reset your head.



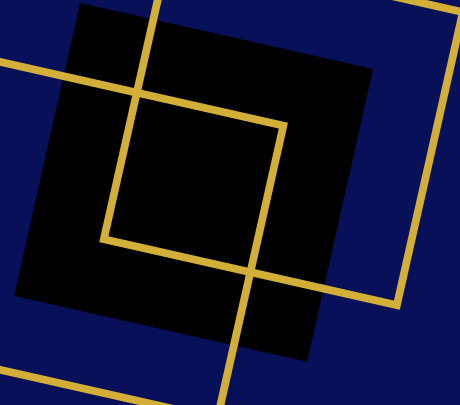
## **Body Scan**

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**

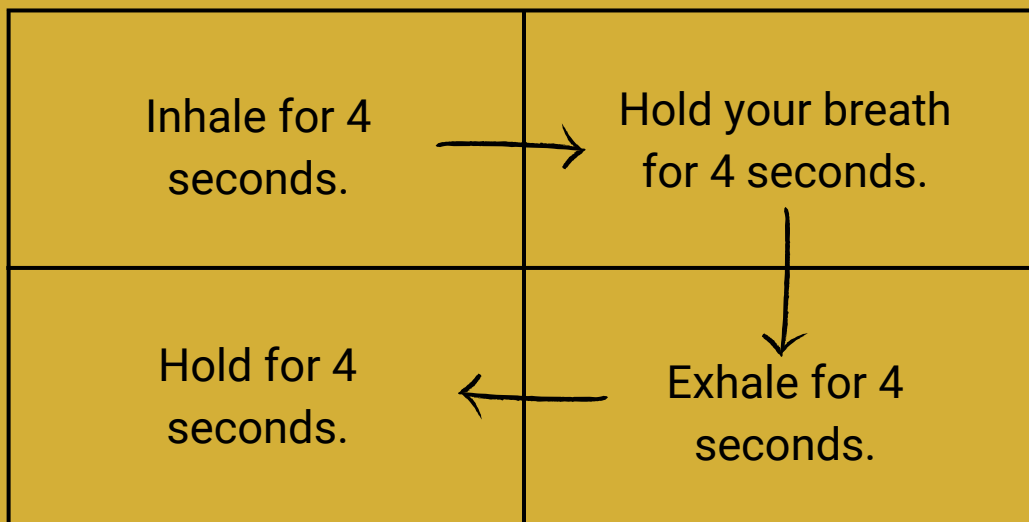
Find a quiet spot and name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. This engages all of your senses and helps shift your attention away from racing thoughts.



# BREATHING & REFLECTING TO CALM YOUR MIND

## Box Breathing

This breathing exercise helps slow down your heart rate. This is what athletes or soldiers use to stay sharp under pressure.



Repeat 4 times.

## Journaling Prompts

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

- ▶▶▶ What's one thing stressing me out today, and how do I tackle it? (Ex: I've got a game coming up—I'll warm up for 10 minutes to lock in.)
- ▶▶▶ What's one thing I can control right now? (Example: I can control my breathing.)
- ▶▶▶ What's one win I had today, even if it's small? (Ex: Nailed a trick shot or fixed my bike.)

# 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 the crowd's too much, link up with a solid crew or step out to reset with some air.
- ▶▶▶ Before Practice/Game: Run through your moves in your head for 5 minutes to lock in focus.
- ▶▶▶ 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'm built for  
whatever hits  
me.**

**I call the  
shots, not my  
anxiety.**

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

**I've got this  
under  
control.**

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

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

**I'm tougher  
than my  
stress.**

**I am growing  
stronger  
every day.**

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

# PRINTABLE AFFIRMATION CARDS

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**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 skill you're  
proud of?**

**Write one thing you  
crushed today.**

**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., its color, texture, etc).

# HOW TO USE YOUR ANXIETY TOOLKIT FOR TEENS

Thanks for grabbing the Anxiety Reset Toolkit from Let Growth Bloom— Let's get you locked in.

## **Anxiety Tracker**

Print the tracker on 8.5x11 paper at 100% scale. Print it, track your stats daily—level up your control.

You will need to print twice for all 30 days for the chart.

## **Coping Guide**

Try the grounding techniques, breathing exercises, and journaling prompts whenever you feel anxious. Keep it in your bag like a cheat code for tough moments.

## **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!