

## HOW DO YOU RESPOND TO YOUR WORRY?

We all respond to worry differently. There are mental and physical responses. (Examples of each are listed below.) In this activity, identify an event that causes minimal anxiety and one that causes high levels of anxiety. Are there differences? Are there similarities? Are there different coping skills you can use based on how you respond?

Examples:

Mental	<i>Difficulty concentrating, troubling thoughts, imagining the worst-case scenario</i>
Physical	<i>Restlessness, racing heart, stomachache, shaking or trembling, sleeplessness, dizziness, muscle tension, clammy hands</i>

	Low-Stress/Low-Anxiety Event	High-Stress/High-Anxiety Event
Mental		
Physical		
Coping Strategies		