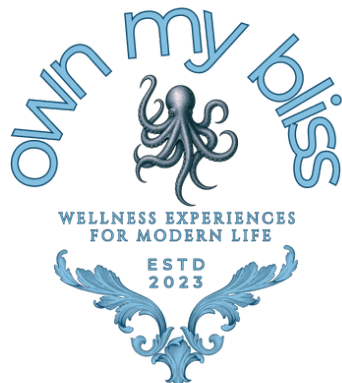


ANXIETY

SELF-SOOTHING WORKSHEET



Anxiety: Self-Soothing Worksheet

Some self-soothing techniques are healthier than others. Eating ice cream when you're sad or biting your nails when you're afraid may be your default, but not the best choice. Make notes about your current ways of soothing. Then, identify others from the second list as options.

List some ways you soothe yourself when you feel:

Angry:

Sad:

Scared:

Lonely:

Ashamed:

Unloved:

Anxious:

Disappointed:

Using the self-soothing skills below, circle any that might help you manage the feelings listed above:

Writing/Art: Journaling, writing poetry, writing music, drawing, coloring, painting, working with clay/play doh/putty, beading, jewelry-making, sewing, crafts, knitting, needlepoint, doodling, mandalas, cooking

Movement: Dance, walking, running, riding a bike, yoga, tai chi, boxing, kick-boxing, sports, other martial arts, swimming, water aerobics, take the dog outside/to the park/for a walk, hiking, walk the nature trail or explore the woods

Relaxation: Deep breathing, progressive muscle relaxation, mindfulness or other meditation, reading, drink some relaxing tea, aromatherapy – lavender for calming

Talking: Venting about my feelings in a group, talking to a friend, talking to a counselor, calling a hotline, speaking out on behalf of others

Music: Listening to music, singing, playing music, writing music, compiling playlists

Other ideas: