

# Coping with feeling anxious



Some things that make me feel anxious are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things that happen when I feel anxious:

Changes in my body:

Thoughts I have:

Things I do:

When I feel anxious, I can cope by:

Tick all of the coping skills that might be helpful. Use the blank spaces to write in your own.

- |  |   |
|--|---|
| <input type="checkbox"/> Meditating or relaxing  | <input type="checkbox"/> Deep breathing           |
| <input type="checkbox"/> Talking to a friend     | <input type="checkbox"/> Using positive self-talk |
| <input type="checkbox"/> Talking to an adult     | <input type="checkbox"/> Exercising               |
| <input type="checkbox"/> Playing a game          | <input type="checkbox"/> Keeping myself busy      |
| <input type="checkbox"/> Going for a walk        |   |
| <input type="checkbox"/> Writing in my journal   |   |
| <input type="checkbox"/> Practicing mindfulness  |   |
| <input type="checkbox"/> Thinking happy thoughts |   |





# Ready for more structured support?

These free resources are designed as starting points. If you're looking for deeper guidance, my therapist-designed workbooks and journals offer step-by-step support, psychoeducation, practical tools, and space for reflection. Explore the full collection via my website or Etsy.

<https://thehealingspaceuk.etsy.com>

