

# 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.

☐ Meditating or relaxing

☐ Talking to a friend

☐ Talking to an adult

☐ Playing a game

☐ Going for a walk

☐ Writing in my journal

☐ Practicing mindfulness

☐ Thinking happy thoughts

☐ Deep breathing

☐ Using positive self-talk

☐ Exercising

☐ Keeping myself busy

