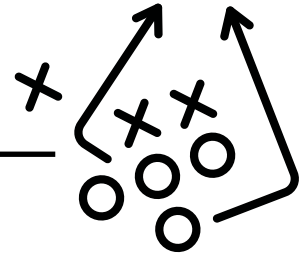


My Anxiety Game Plan



Part One: Recognizing Anxiety

Sometimes, I feel anxious when... _____

This is what I experience in my body when I feel anxious: _____

These are the thoughts I have when I feel anxious: _____

Part Two: Dealing with Anxiety

When I feel anxious, these are the people I can talk to: _____

I can make sure my parents know when I'm feeling anxious by: _____

When I feel anxious, these are ways I can help my body become calm:

1. _____
2. _____

When I feel anxious, these are ways I can help my mind find balance:

1. _____
2. _____

When I feel anxious, this is what my parents can do to help me feel calm:

1. _____
2. _____

Part Three: Challenging Anxiety

When I feel anxious, is there an action I can take to help the source of my anxiety go away (like studying if I am concerned about my grades)?

If so, what can I do to make this action easier to accomplish? Some ideas could include breaking large tasks into smaller, achievable goals or creating a peaceful environment where it's easier to get work done.

Sometimes, anxiety tricks us into believing things that are not true. Write down a few things that ARE true that can help you feel calm when anxiety tries to trick you. Some examples could include, "One bad grade doesn't mean I'm not smart," or "I have friends who care about me and enjoy spending time with me."

1.

2.

3.
