



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# I Can Cope!

with feeling ANXIOUS

Some things that make me feel anxious are...

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

These changes happen when I feel anxious:

Changes in my body...

Thoughts I have...

Things I do...

## When I feel anxious, I can cope by:

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

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

