

My Anxiety Toolkit

Name:

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Anxiety shows up in many ways, and not every trick will help with every problem. Plus, we're all different. That's why it can help to keep track of how anxiety shows up in your own body, thoughts, and behaviors. Then you can match a sign of your kind of anxiety with the best tricks you find to help with that experience.

My signs of anxiety:

Physical signs, thoughts/images, and behaviors

Racing heart

Thoughts won't stop

Can't breathe

Achy and tired

Avoiding homework

Nervous, irritated

Things that help:

Guided visualization

Meditation app

Box Breathing

Talking a walk

Listening to my dance playlist
while doing homework

Calling a friend