



Recognizing and Managing Anxiety at Home with UCLA CARES

MAKE YOUR OWN ANXIETY MONSTER

If your anxiety were a character in a movie, who would it be?
Would it be the villain, the grumpy teacher, or a monster?
Can you draw (or describe) your anxiety?

First, gather some supplies like:

- A piece of paper
- Pen, pencil, crayons or markers
- Paints, scissors, or glue
- Decorations (string, googly eyes, feathers, sparkles)

Next, answer any of these questions that you find interesting. *(For teens and adults, see page 2 for a deeper dive.)*

- What does your anxiety monster **look** like? What **color** is it? What **size** is it? Does it have hair or fur or feathers or scales?
- What does it **sound** like? What kind of voice does it have? Write down some things it says to you.
- Where does it spend most of its time? Does it **hang out** right next to you or sit on your head? Does it **follow you** around or wait for you in your closet? Draw it where you notice it the most.
- What does your monster **worry about** the most? Other people? Things going wrong? Everything?
- What does your monster make you do? Or **stop you from doing**?

When you're done drawing (or writing), give your anxiety monster a **name**. Then think about **sharing** it with someone you know - a friend, family member, teacher, coach? Maybe they have an anxiety monster, too!



cares

UCLA CENTER FOR CHILD ANXIETY
RESILIENCE EDUCATION AND SUPPORT

Here are more questions to get to know your anxiety a bit better:

- What is your anxiety **trying to do**? Anxiety is usually trying to **protect** us in some way, even if it's not doing a very good job. Is there something your monster is trying to protect you from?
 - Maybe it wants to protect you from failing at school or from the feeling of loneliness and it wants you to have friends.
 - Maybe your anxiety monster knows that it's uncomfortable to not know things like what's gonna happen next or how are things going to go?
 - Maybe your monster wants to protect you from how uncomfortable it is to live with all the uncertainty we have in life? **Not knowing is hard.**
- What would life be like **without your anxiety**?
 - What does it stop you from doing that you would really like to do?
 - What does it make you think or feel that you don't enjoy?
- What makes your **anxiety go away** or get a little quieter?
 - Maybe it's when you're watching a movie or maybe it's when you're with your best friend or maybe it's when you're playing soccer?
 - When does the anxiety monster take some time off?
- If you were going to **tell somebody** about your anxiety monster, what would you want them to know?
 - Who might you tell?
 - What might they say that **you would want to hear** or would find helpful?
- Who do you know in your life who also might have an anxiety monster? Does someone in your family or one of your friends struggle with their own monster?
 - What would it be like to **talk to somebody** about anxiety?

For more activities and ways to manage anxiety,
visit our Learning Home at UCLA CARES!

carescenter.ucla.edu



cares

UCLA CENTER FOR CHILD ANXIETY
RESILIENCE EDUCATION AND SUPPORT

