






# Anxiety Resource for Teens



## Worry / Anxiety

5		freaking out panic
4		really worried
3		worried nervous anxious
2		a little worried
1		okay

## **Introduction to Anxiety**

Provided by TherapistAid.com © 2012

Anxiety is the body's response to situations that are interpreted as threatening. Without any anxiety, you would probably make bad decisions, such as driving too fast on the highway, or not paying your bills. However, too much anxiety can lead to avoidance or unpleasant physical, emotional, and cognitive symptoms.

### **What are three things that trigger your anxiety?**

- 1.
- 2.
- 3.

### **What are three physical symptoms that you experience when you feel anxious?**

- 1.
- 2.
- 3.

### **What are three thoughts you tend to have when you feel anxious?**

- 1.
- 2.
- 3.

### **What are three things you do to cope when you are anxious?**

- 1.
- 2.
- 3.



# ANXIETY TRIGGERS

An anxiety trigger is something that happens to make you feel anxious or nervous. Go through this list and, on a scale of 1-10, identify how anxious each of the triggers makes you feel.

0	1	2	3	4	5	6	7	8	9	10
CALM		A LITTLE ANXIOUS			ANXIOUS			EXTREMELY ANXIOUS!		

- |  |   |
|--|---|
| <p>_____ Conflict or drama in relationships</p> <p>_____ Being in a large crowd of people</p> <p>_____ Meeting new people</p> <p>_____ Going to a new place for the first time</p> <p>_____ Having to confront someone</p> <p>_____ Interacting on social media</p> <p>_____ Having too much to do</p> <p>_____ Giving a presentation in front of the class</p> <p>_____ Working as part of a group</p> <p>_____ Pressure to act or behave a certain way</p> <p>_____ Performing in front of other people</p> <p>_____ Things not going the way I planned</p> <p>_____ Having to change up my routine</p> <p>_____ Grades or stress from schoolwork</p> <p>_____ Having too much time by myself</p> <p>_____ Being away from my phone for too long</p> <p>_____ Friends not texting me back</p> <p>_____ Loud noises or raised voices</p> <p>_____ Other people being disappointed in me</p> <p>_____ Watching the news</p> <p>_____ Having conversations with peers or adults</p> | <p>_____ Not feeling prepared</p> <p>_____ Being in tight spaces, like an elevator</p> <p>_____ Being in wide open spaces</p> <p>_____ Being around certain people</p> <p>_____ Interacting with someone I have a crush on</p> <p>_____ Not knowing what is going to happen</p> <p>_____ Not having enough money</p> <p>_____ Not knowing what career I want to have</p> <p>_____ School violence</p> <p>_____ Family stress (divorce, finances, etc.)</p> <p>_____ A sick friend or family member</p> <p>_____ Rumors about me spreading around school</p> <p>_____ My job, boss, or co-workers</p> <p>_____ Other people's expectations of me</p> <p>_____ Thinking about college</p> <p>_____ Having to be the one to make decisions</p> <p>_____ Making new friends</p> <p>_____ Changes in my body or my weight</p> <p>_____ Interacting with a certain family member</p> <p>_____ Feeling left out by my peer group</p> <p>_____ Becoming an adult with more responsibilities</p> |
|--|---|

**WHAT ARE SOME OTHER THINGS THAT MAKE YOU FEEL ANXIOUS?**



# Anxiety Breakdown

**WHAT IS TRIGGERING MY ANXIETY?**

---

**WHAT ARE SOME OF THE THOUGHTS THAT I AM HAVING?**



**HOW IS MY BODY RESPONDING?**

---

---

**WHAT IS THE WORST THING THAT CAN HAPPEN?**

---

**WHAT DO I HAVE IN MY CONTROL TO KEEP THIS FROM HAPPENING?**

---

---

**WHAT CAN I DO TO CALM MY BODY DOWN?**

---

**WHAT ARE POSITIVE THOUGHTS TO HELP CALM MY MIND?**



# Online Anxiety Resources



HeadSpace

[www.headspace.com](http://www.headspace.com)

## Apps



Calm

[www.calm.com](http://www.calm.com)



Smiling Mind (Mindfulness)

[www.smilingmind.com.au/smiling-mind-app](http://www.smilingmind.com.au/smiling-mind-app)

## Online

**Yellow Ladybugs** – <https://www.facebook.com/yellowladybugs/>

**Autistic Kitty** -<https://www.facebook.com/pages/category/Personal-Blog/Autistic-Kitty-2128300503907890/>

**Young Minds** – [www.youngminds.org.uk](http://www.youngminds.org.uk)

## Coping Skills

- Take a deep breath
- Read a book or magazine
- Journal or write a letter
- Make a scrapbook
- Play a board game
- Do something kind
- Ride a bike or scooter
- Cook or bake
- Take a bath or shower
- Exercise, run, walk
- Talk to someone you trust
- Get a hug
- Ask for help
- Sing and dance
- Listen to music
- Cuddle or play with your pet
- Do work in the garden
- Do a puzzle
- Practice yoga
- Use a stress ball or fidget toy
- Get plenty of sleep
- Eat healthy
- Clean, declutter, organise
- Smile and laugh

