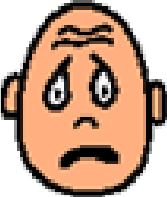
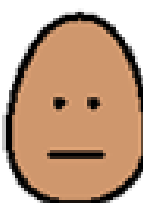


Anxiety Resource for Teens



Worry / Anxiety

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

Introduction to Anxiety

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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 can happen 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 make you feel.

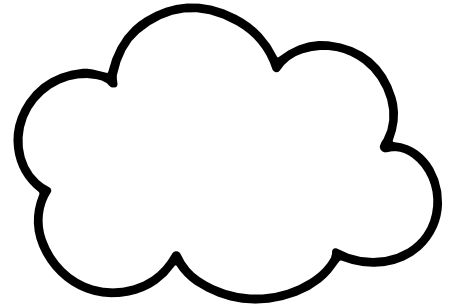
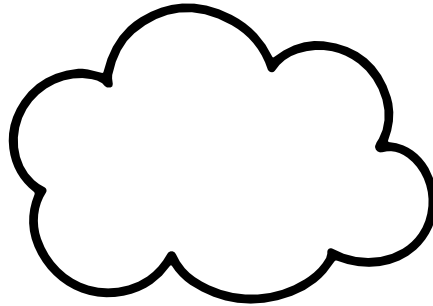
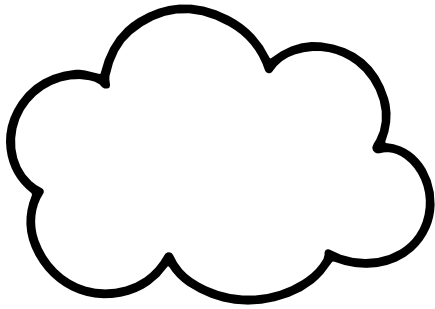


- Conflict or drama
- Being in a large crowd
- Meeting new people
- Going to a new place for the first time
- Having to confront someone
- Having too much to do
- Interacting on social media
- Giving a presentation in front of class
- Working as part of a group
- Pressure to act or behave a certain way
- Performing in front of other people
- Things not going as planned
- Having to change routine
- School work
- Having time by myself
- Being away from my phone for too long
- Friends not texting back
- Loud noises or raised voices
- Watching the news
- Having conversations with peers or adults
- Not feeling prepared
- Being in tight spaces
- Being in wide open spaces
- Being around certain people
- Interacting with someone I have a crush on
- Not knowing what is going to happen
- Not having enough money
- Not knowing what career I want to have
- Family stress
- A sick friend or family member
- Rumours
- My job
- Other people's expectations of me
- Thinking about University/College
- Having to make decisions
- Making new friends
- Talking with family members
- Having more responsibilities

Anxiety Breakdown

What is triggering my anxiety?

What are some of the thoughts that I am having?



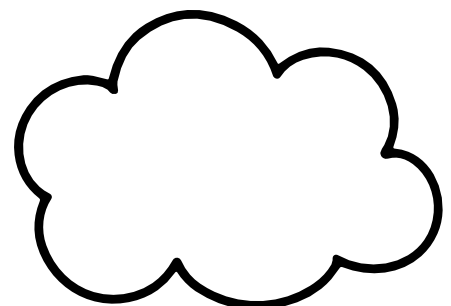
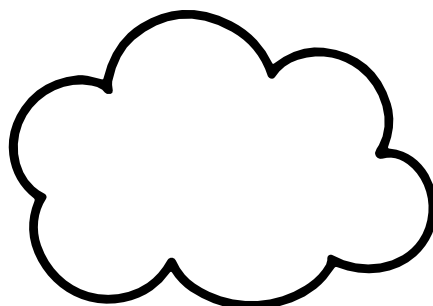
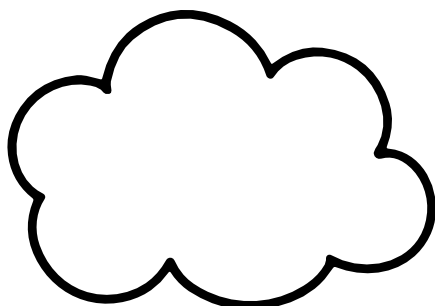
How is my body responding?

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 positive thoughts can help calm my mind?



Online Anxiety Resources

Apps



Headspace

www.headspace.com



Calm

www.calm.com



Smiling Mind (Mindfulness)

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/](https://www.facebook.com/pages/category/Personal-Blog/Autistic-Kitty-2128300503907890/)

Young Minds – 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

