Dealing With Your Anxiety

*This sheet provides multiple ways to stop anxious thoughts or feelings of panic the moment you begin to lose yourself. The suggestions here can be instantly implemented when you choose to implement them, and can be a quick mental redirection to help you overcome and take control of your anxiety.*

| Support people | ~ Phone Numbers  Close friend:  Family member:  Kids Help Phone: 1-800-668-6868  ~ Spend time with a friend |
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| Relaxation Techniques | ~ Walking (with a friend or alone)  ~ Yoga  ~ Meditate  ~ Massage  ~ Breathing exercises  Diaphragmatic breathing  Box breathing  ~ Progressive muscle relaxation  ~ Take a bath  ~ Stretch |
| Redirection Activities | ~ Exercise  ~ Challenge your brain with a problem  ~ Practice gratitude  Journal  Affirmations  ~ Cooking or baking |

Questions:

1. What is making you feel anxious? What are the thoughts going through your mind?
2. What is the most likely scenario?
3. Can I control this?
4. Change your “what if” thoughts from negative to positive…