



ANXIETY THERMOMETER

WHAT ARE SOME THINGS OR SITUATIONS THAT MAKE YOU
FEEL A LITTLE ANXIOUS, ANXIOUS, AND VERY ANXIOUS?


VERY ANXIOUS



ANXIOUS



A LITTLE ANXIOUS



CALM

WHAT ARE SOME HELPFUL WAYS OF
COPING THAT YOU CAN THINK OF?

EVERYBODY EXPERIENCES ANXIOUS FEELINGS SOMETIMES, IT IS NORMAL.

HERE ARE THINGS TO DO WHEN YOU FEEL ANXIOUS



GOING OUTSIDE



ASKING FOR HELP



LISTEN TO MUSIC



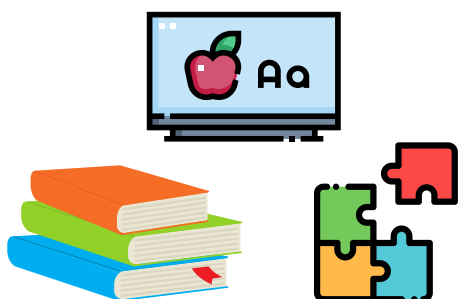
DRINK WATER



WRITE ABOUT IT



CREATE SOMETHING



FIND A POSITIVE DISTRACTION



TAKE A DEEP BREATH