

my COPING skills

1.

Can you identify the source of your anxiety?

2.

Can you find solutions to the problems that are giving you anxiety?

· Problem _____

· Potential Solutions _____

3.

If you can't find a solution or still experience anxiety try steps 4-6.

4.

What are things you enjoy doing (e.g., watching a funny online video, talking to a friend, going for a walk or exercising)? Write down three activities you can do when you are feeling anxious.

5.

What are things that soothe or calm you down (e.g., using a meditation app, listening to music, taking a bubble bath or shower, playing with a pet, looking at pleasant photos, trying yoga)? Write down three activities you can do when you are anxious.

6.

Is there a trusted friend or adult you can speak with to help you? List three people who you can reach out to when you are feeling anxious.

From the experts at



boystown.org/parenting

***Remember:** The key is to find several options that work for you in various situations. Sometimes, you need to switch up and try different coping skills to find one that works best.