

my COPING skills

1.

Can you identify what is making you feel afraid?

2.

Decide whether you are in actual danger or just feeling afraid. If you are not in real danger, do this:

- Take a deep breath and relax your body - imagine your body is a spaghetti noodle.

3.

List three people who you can talk to when you are feeling anxious.

4.

Describe a time when you were brave, and imagine yourself as a superhero.

5.

What are things you enjoy doing (e.g., doing artwork, playing a card/board game, watching a favorite TV show)? Write down three activities you can do 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.