

# My Anxiety Game Plan

## Part One: Recognizing Anxiety

Sometimes, I feel anxious when... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This is what I experience in my body when I feel anxious: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

These are the thoughts I have when feel anxious: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Part Two: Dealing with Anxiety

When I feel anxious, these are the people I can talk to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I can make sure my parents know when I'm feeling anxious by: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When I feel anxious, these are ways I can help my body become calm:

1. \_\_\_\_\_
2. \_\_\_\_\_

When I feel anxious, these are ways I can help my mind find balance:

1. \_\_\_\_\_
2. \_\_\_\_\_

When I feel anxious, this is what my parents can do to help me feel calm:

1. \_\_\_\_\_
2. \_\_\_\_\_

## Part Three: Challenging Anxiety

**When I feel anxious, is there an action I can take to help the source of my anxiety go away** (like studying if I am concerned about my grades)?

**If so, what can I do to make this action easier to accomplish?** Some ideas could include breaking large tasks into smaller, achievable goals or creating a peaceful environment where it's easier to get work done.

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**Sometimes, anxiety tricks us into believing things that are not true. Write down a few things that ARE true that can help you feel calm when anxiety tries to trick you.** Some examples could include, "One bad grade doesn't mean I'm not smart," or "I have friends who care about me and enjoy spending time with me."

1.

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2.

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3.

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