

Pause and take a moment to work through your anxious feelings

Some things that make me feel anxious are:

- 1 _____
- 2 _____
- 3 _____

Feeling anxious can change how I think and feel. When I feel anxious:

My body feels:	I think about:	I feel:

When I feel anxious, I can manage by:

(Tick all the skills that might be helpful for taking a moment with your anxiety)

- | | | | |
|---|--|--|--------------------------------|
| <input type="checkbox"/> 4-7-8 Breathing | <input type="checkbox"/> Checking in with myself | <input type="checkbox"/> Exercising | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Going for a short walk | <input type="checkbox"/> Pressing pause on the day and doing something different | <input type="checkbox"/> Meditating or relaxing | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Writing down my thoughts | <input type="checkbox"/> Talking to a friend, adult or mentor | <input type="checkbox"/> Playing a game | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Positive self-talk | | <input type="checkbox"/> Visualising a happy and calming place | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Colouring | | <input type="checkbox"/> Having a healthy snack | <input type="checkbox"/> _____ |

Refer back to this page whenever you are feeling anxious and practise the coping skills that work for you. If you feel self-coping is not working or managing your situational anxiety, please contact a professional or speak to a trusted person about your struggles to get help.

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