

# Anxiety Coping Strategies: Activity Guide for Your Teen



This downloadable worksheet aims to provide teenagers struggling with anxiety a practical tool that helps them understand and implement coping strategies. By engaging in this activity, teens can develop a personalized plan to manage their anxiety and improve their overall well-being.

## 1. Identifying Triggers:

Help your teen identify common situations, thoughts, or emotions that trigger their anxiety. Encourage them to list these triggers and provide examples. This step promotes self-awareness and enables them to anticipate potential sources of anxiety.

## 2. Physical Symptoms:

Anxiety often manifests through physical symptoms. Ask your teen to list common physical sensations they experience during anxious moments, such as rapid heartbeat, shallow breathing, or tense muscles. This section allows them to recognize and identify their bodily reactions to anxiety.

## 3. Cognitive Distortions:

Anxiety can distort thoughts and lead to negative thinking patterns. Encourage your teen to identify common cognitive distortions they may experience during anxious episodes, like catastrophizing, overgeneralizing, or black-and-white thinking. Discuss specific examples of how these distortions may impact their perception of reality.

## 4. Coping Strategies:

Guide your teen in brainstorming coping strategies that can help them manage their anxiety. Encourage them to list both short-term and long-term techniques. Some examples to consider include deep breathing exercises, journaling, seeking support from a trusted person, practicing mindfulness, engaging in physical activity, or listening to calming music. Urge them to be specific in their choices and consider what works best for them personally.

## 5. Building a Toolkit:

In this section, your teen can create a personal toolkit of coping strategies. Encourage them to choose at least five coping strategies from the previous section and write them down. They can also add any additional strategies they discover along the way. Remind them that everyone's toolkit is unique and that they can experiment with different techniques to find what works best for them.

## 6. Implementing the Plan:

The final step is to encourage your teen to implement their coping strategies. Discuss ways to incorporate these techniques into their daily routine, especially during times of heightened anxiety. Encourage them to evaluate the effectiveness of each coping strategy and make adjustments if needed.

This downloadable worksheet provides a valuable tool for teenagers struggling with anxiety to develop a personalized plan for managing their emotions. Encourage them to revisit and revise this worksheet periodically, as coping strategies can evolve over time. Remember to offer support and guidance as your teen navigates their anxiety journey, reminding them that they are not alone.

## **Take Control of My Anxiety: Helpful Activity Sheet for Teens**

**What triggers my anxiety? Think about situations that bring up those not so nice feelings and write them down:**

**What physical symptoms do I feel when I feel anxious? What is happening in my body?**

**What types of thoughts do I have when I feel anxious? Are they rational?**

**What things make me feel better when I am anxious? Are there other coping mechanisms I could use?**

**What coping strategies can I add to my toolkit today?**

**How will I ensure I use these strategies when I feel anxious?**

[www.sunsetsisterz.com](http://www.sunsetsisterz.com)