

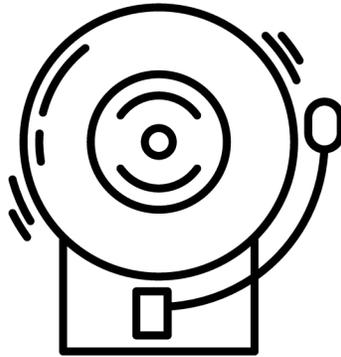


Anxiety Worksheets

for Teens & Adults

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Coping Strategies



Anxiety is your body's way of trying to protect you.

It's part of a built-in alarm system that kicks in when you sense danger or feel under pressure. In many situations, anxiety can actually be helpful. It keeps you alert, helps you prepare, and motivates you to take action when something matters.

But sometimes, that **alarm goes off** even when there's no real danger. You might feel a racing heart, tight chest, trouble sleeping, or constant worry. You may catch yourself overthinking or avoiding things that matter to you, just to feel some relief.

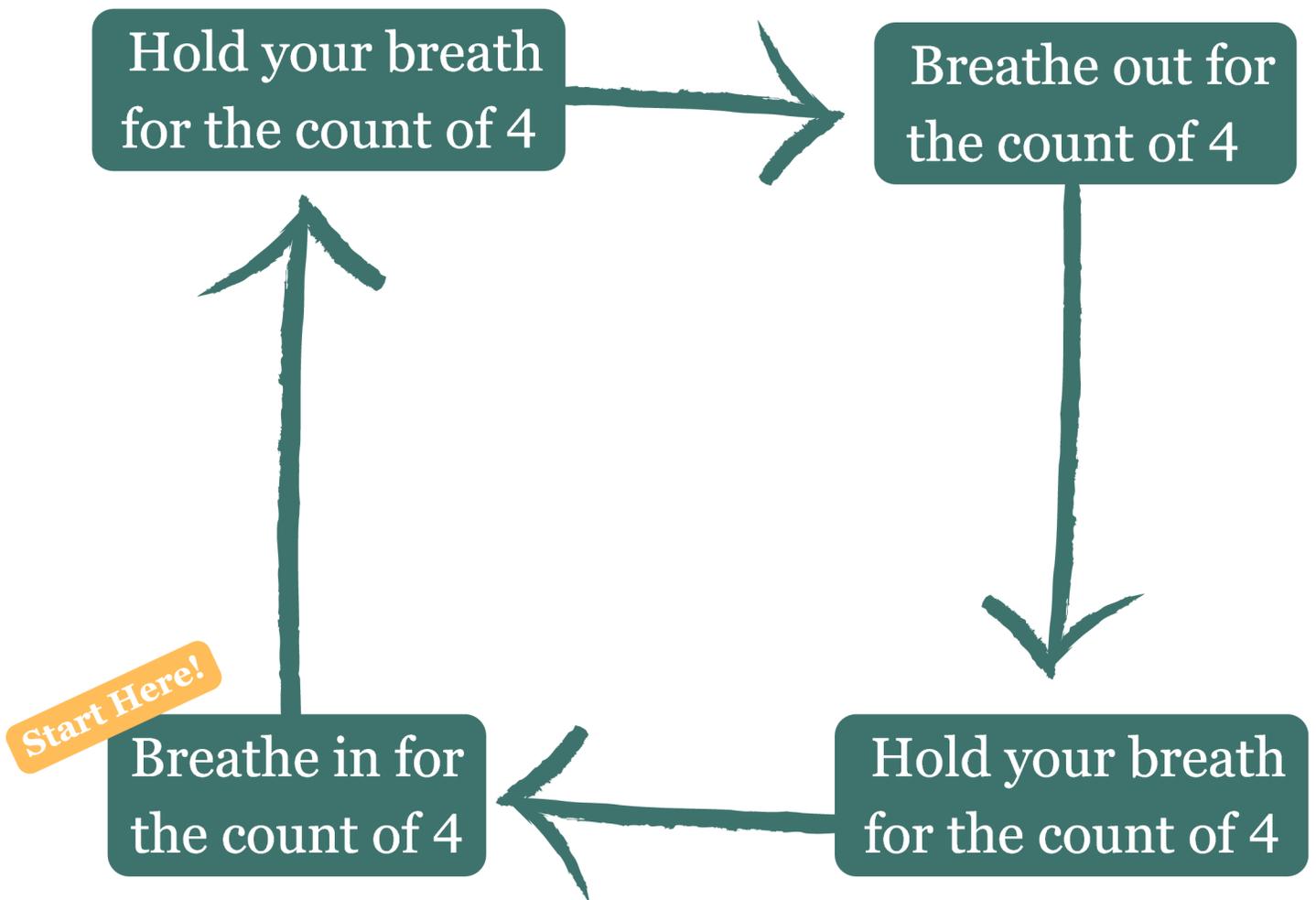
At its core, anxiety is about safety. Your brain is trying to help... it just gets a little carried away. The good news is that anxiety is treatable. **With the right support and tools**, you can learn how to calm your nervous system and live more freely.

Use these worksheets to learn more about anxiety, healthy coping strategies, and more! Of course, the best help comes from working with a good therapist - **maybe it's Time to give therapy a try**.
Contact us today to schedule your first appointment.

Four Square Breathing

Anxiety often makes us breathe quickly and or not deep enough, thereby making your symptoms feel worse. Four Square Breathing counteracts this by forcing the body (specifically your diaphragm, the muscle responsible for making your lungs inhale and exhale) to **maintain a regular rhythm**.

If you have this diagram in front of you, try tracing along the arrows as you follow the instructions (or, you can just imagine the square in your mind).



Repeat until you feel calm (usually four cycles or more).

Thought Clouds

In the clouds, write words to describe your anxious thoughts and feelings. Writing can help your anxiety feel a bit more defined and manageable.



Take a moment to notice how it feels to write these all down. What's coming up for you right now? **Just be curious.**

Reframing Anxious Thoughts

Anxiety **tends to make us think differently** about things, for better and for worse. Sometimes it can help to reflect on your anxious thoughts and consider other ways of looking at things - a technique known as Reframing.

Try completing the following Reframing sentences. Use the spaces to write out your answers, if that helps.

“My anxiety is trying to help me by...”

“If I could speak to my anxiety like a person, I would say...”

“Even when I feel anxious, I’m still capable of...”

“A more helpful way to look at this situation might be...”

“One possible (but less scary) explanation is...”

“When I take a step back, I notice that my anxious thoughts often...”

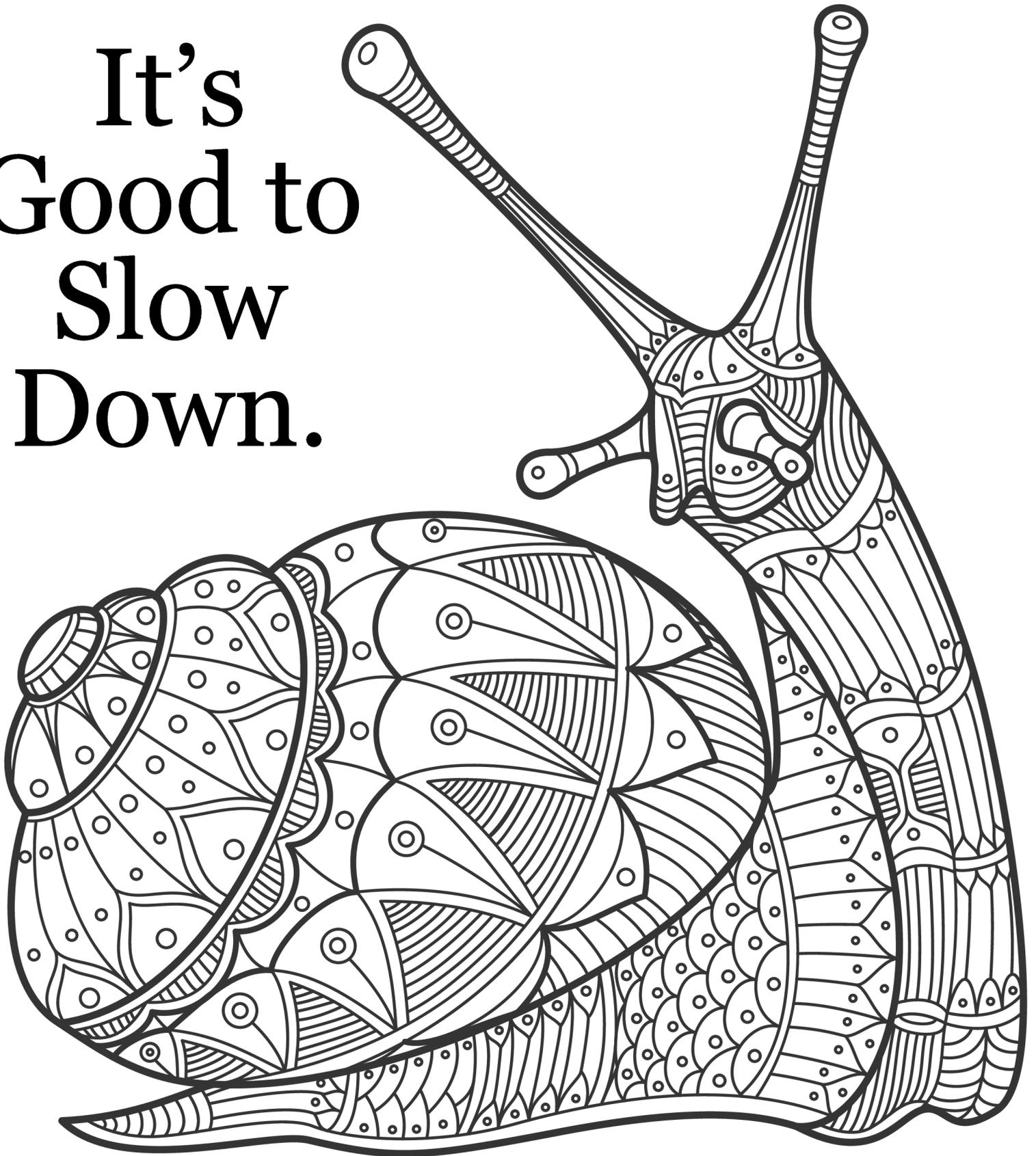
“If my best friend were feeling this way, I would tell them...”

Ground Yourself Through Coloring

Anxiety pulls our focus away from the present moment - your mind is trying to think ahead, to plan for the “what ifs”, and prepare you for the worst case scenario. **Grounding exercises**, like coloring, can help you bring your attention back to what’s happening right now. If nothing else, it’s fun! Try to **fill in every small detail** of these images. Notice how your mood might change as you add more and more color.



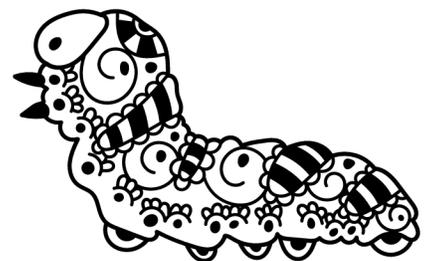
It's
Good to
Slow
Down.



You Have Depth.



Change is Possible.



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resource library over time.

timefortherapy.com/worksheets

