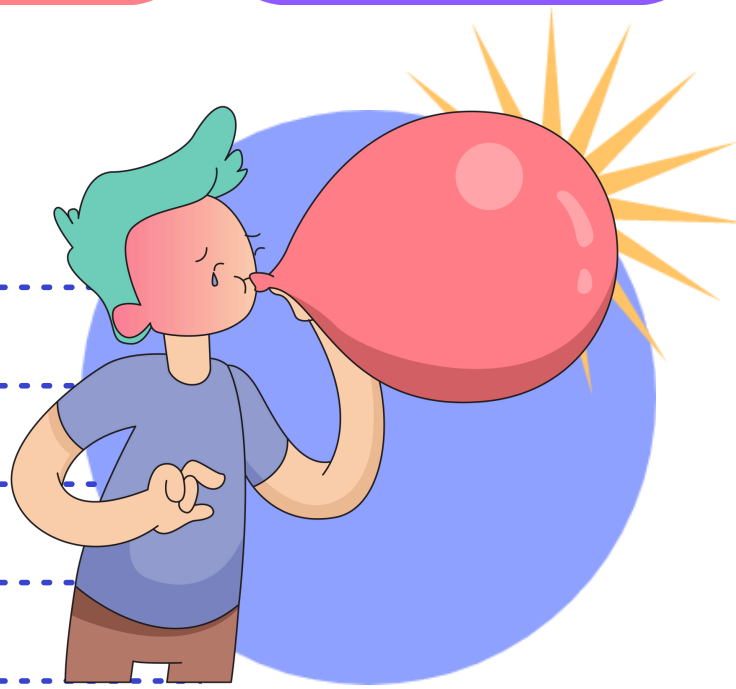
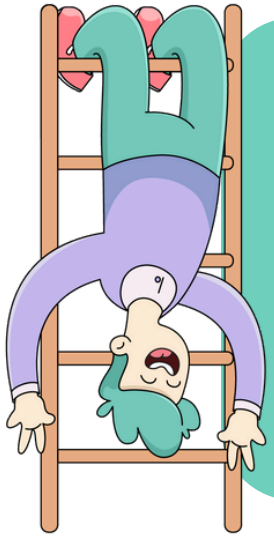
My Anxiety Reflection

When I become anxious, I notice that:

My body feels...	My thoughts are...	I start to...

I feel anxious when...





Coping mechanisms I'll try:

- ☐ colouring or drawing
- ☐ go for a walk outside
- ☐ dance party
- ☐ talk to a loved one
- ☐ deep breathing
- ☐ run a bubble bath