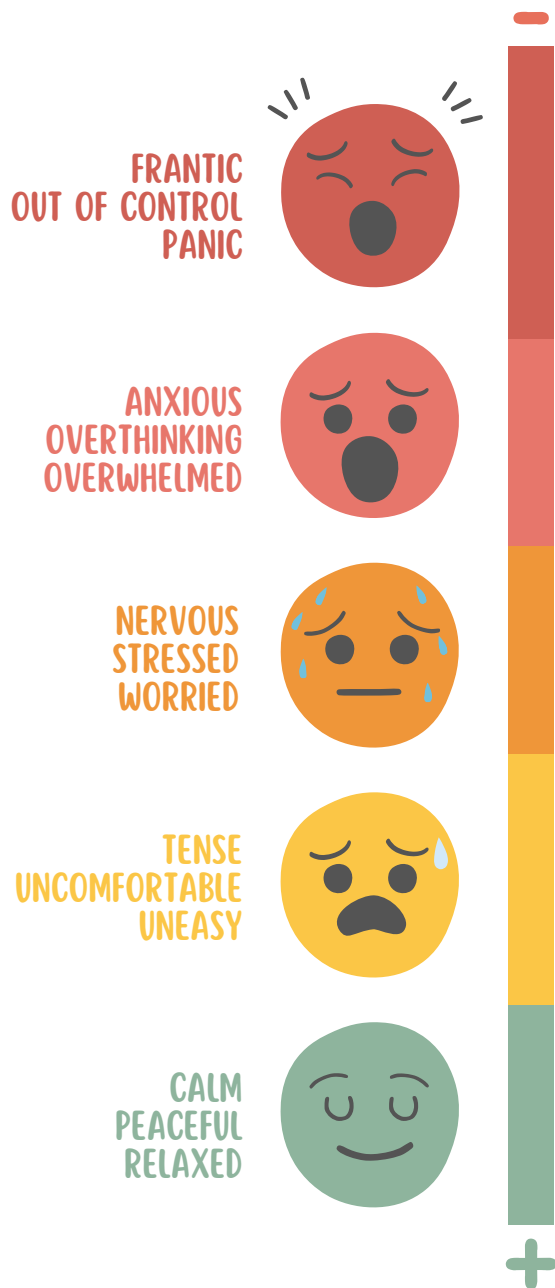


# ANXIETY SCALE + COPING SKILLS



| HOW DO YOU ACT?                                                                                                                                       | WHAT CAN YOU DO ABOUT IT?                                                                                                                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| CRYING, SCREAMING, REFUSING, MELTDOWN IMPULSIVE, BEHAVIORS SHUTTING DOWN, TROUBLE SHOOTING                                                            | <div> <p>ASK A FRIEND OR ADULT FOR HELP</p> </div> <div> <p>TAKE SLOW, DEEP BREATHS</p> </div> <div> <p>TAKE A BREAK IN A PEACEFUL SPOT</p> </div> <div> <p>PRACTICE GROUNDING TECHNIQUES</p> </div> <div> <p>SPLASH COLD WATER ON YOUR FACE</p> </div> <div> <p>TAKE A NAP</p> </div>                                                                                                                         |
| DISTRACTED SHORT-TEMPERED, TROUBLE SLEEPING, SHAKING, PACING FROZEN, AVOIDING NEGATIVE THINKING, FAST BREATHING, WHINING/COMPLAINING, LOST IN THOUGHT | <div> <p>TALK YOURSELF INTO BEING CALM</p> </div> <div> <p>THINK OF A PEACEFUL PLACE</p> </div> <div> <p>MEDITATE/ PRAY</p> </div> <div> <p>GET A DRINK OF WATER</p> </div> <div> <p>JOURNAL ABOUT YOUR FEELINGS</p> </div> <div> <p>TENSE AND RELAX YOUR MUSCLES</p> </div> <div> <p>TAKE A WARM/COLD SHOWER</p> </div> <div> <p>COUNT TO 10 OR 100</p> </div> <div> <p>MOVE YOUR BODY OR EXERCISE</p> </div> |
| TIGHT MUSCLES, PACING FIDGETING, GROANING, TROUBLE CONCENTRATING                                                                                      | <div> <p>GET OR GIVE A HUG</p> </div> <div> <p>GET SOME FRESH AIR</p> </div> <div> <p>DO A HOBBY YOU ENJOY</p> </div> <div> <p>TALK TO FRIENDS OR FAMILY</p> </div> <div> <p>LISTEN TO MUSIC</p> </div> <div> <p>SQUEEZE A STRESS BALL</p> </div>                                                                                                                                                              |
| SMILING, ENGAGED, RELAXED BODY, PAYING ATTENTION, ENJOYING YOURSELF                                                                                   | <div> <p>SMILE &amp; PRACTICE GRATITUDE</p> </div> <div> <p>HELP SOMEONE ELSE</p> </div> <div> <p>USE KIND &amp; POSITIVE WORDS</p> </div> <div> <p>TAKE STEPS TOWARDS YOUR GOALS</p> </div> <div> <p>KEEP LISTENING</p> </div> <div> <p>WRITE ABOUT YOUR SUCCESSSES</p> </div>                                                                                                                                |