

Anxiety Action Plan



For

Common Anxiety Triggers

- **Moving**
- **Living between two households**
- **Inconsistent rules or expectations**
- **Starting a new school or a new grade**
- **Teacher being replaced by a substitute**
- **Death of a loved one**
- **Birth of a new sibling**
- **Argument with a close friend**
- **Judgments by peer group**
- **Divorce or separation of parents**
- **Witnessing accidents**
- **Family illness**
- **Family arguments**
- **Holidays**
- **Bullying**
- **Scary or violent movies**
- **Testing**
- **Projects that involve public speaking**

What does my anxiety FEEL like at each level?

10 → _____

5 → _____

1 → _____

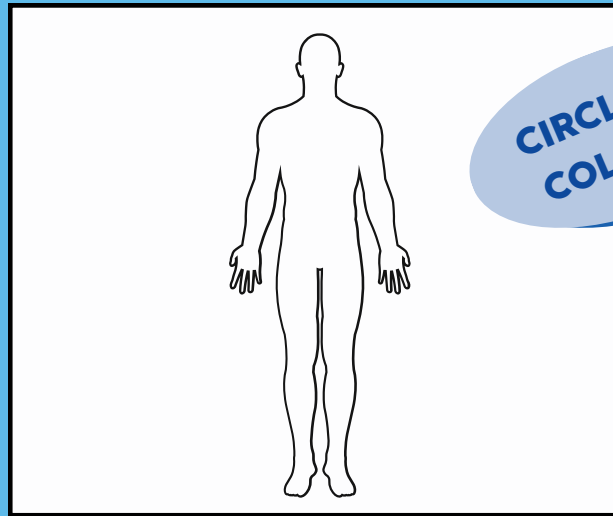
What are my thoughts when I'm anxious?

Anxiety Action Plan



For

Where in my body do I feel anxiety?



CIRCLE OR
COLOR IN

How do I react when I feel anxiety?

FIGHT

FLIGHT

FREEZE

Anxiety in the Body

- Shaking or trembling
- Sweating
- Fast heartbeat
- Chest tightness
- Dry mouth
- Upset stomach
- Twitching eye
- Locked jaw
- Tension in the shoulders
- Shallow breathing
- Tingling in the fingers
- Numb legs
- Heavy body
- Dizzy
- Irritable
- Fatigue
- Feeling hot or cold

Anxiety Action Plan



For

Coping Skills Use Plan

For every trigger you experience, pair it with an effective coping strategy

IF I EXPERIENCE _____, THEN I WILL _____

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IF I EXPERIENCE _____, THEN I WILL _____

IF I EXPERIENCE _____, THEN I WILL _____

Date

Time

Place

Anxiety management routine to practice

Anxiety Action Plan



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