



Name: _____

Schoolwork, what to wear, bad weather, an ill relative—so many things to feel anxious about! But what exactly does feeling “anxious” or “anxiety” mean? *Anxiety* is the uncomfortable feeling you get when you are worried about something that might or might not happen. And we all feel it sometimes, even adults!

Discuss and answer the following questions about anxiety with an adult family member. Then think of things you both can say to yourselves (use positive self-talk) to help you calm down and manage your anxiety, such as “I know I can do this,” “It’s going to be fine,” or “I just need to calm down.”

What are some things you feel anxious about?

You: _____

Adult: _____

What happens to your body and mind when you feel anxious?

You: _____

Adult: _____

What positive self-talk can you use in the situations you named above when you feel anxious?

You: _____

Adult: _____

How to Calm Down
 Stop—use your signal
 Name your feeling
 Calm down:

- Breathe
- Count
- Use positive self-talk

This homework assignment was completed on _____ | _____
 (DATE) (ADULT SIGNATURE)