



What was it like trying to show your feelings in the picture?

When you look back at your body outline, what are your thoughts and feelings about how you experience anxiety?

According to the picture, where and how do you feel anxiety the most?

How do you think noticing your symptoms when they first begin might be helpful for you?

Anxiety Workbook for Teens * My Behavior Log

Name _____ Week of _____

Day	Time	Situation	What I'm Thinking	My Anxiety Level



My Affirmation	Times Heard	Negative or Positive	New Message



Day _____	
My Anxiety Level	What I Ate
Waking Up _____	
Midday _____	
6:00 pm _____	
Bedtime _____	

Sit in a comfortable position and loosen any tight clothing so you don't feel cramped or constrained and can breathe easily. You may lie down if you wish, as long as you know you won't fall asleep. Before you start, rate your anxiety level on a scale from 0 to 10 (0 being completely peaceful and 10 being highly anxious). Write your number down, tell it to another person, or remember it so you can use it later.

Close your eyes and for a few minutes put your attention on your breath. You don't have to try to change your breathing at all—simply notice it. Instead of trying to direct your breath, just follow it. All you have to do is notice where it is at any moment and where it goes at the next moment. As you inhale and exhale, your breath may move in and out of your mouth or nostrils; it may move into your throat, neck, or lungs or even down into your diaphragm. Your breath may make your shoulders rise and fall or your chest move up and down. It may cause a tickle or a light sensation in your body at any point. There is no right or wrong way to experience your breath; just notice where it goes and continue to follow it.

When your breath becomes rhythmic and even, move your attention to the top of your head. Notice if you are holding any tension around your facial area or the muscles surrounding your skull. Imagine all of this tension leaving your head and being pulled out into the air around you. After it leaves your head, it simply floats away off into space. Let your forehead, your cheeks, your chin, and your jaw be completely free of tension and relaxed. Your face and jaw may be so relaxed that your mouth will drop open a little.

Now move your attention to your neck. Picture any tension you may be holding in the back or front of your neck as leaving your body and floating off into space. Consciously release the muscles in your neck and let go of any tension in this area.

Next, pay attention to your shoulders and upper back. Notice if you're holding any tension here. Many people hold anxiety in these areas. Consciously release any tension you're holding here. Feel the release and relief as you let the tension go. Feel your shoulders drop a little as the tension leaves your body.

Move your attention now to your chest and lungs. Know that you're releasing any and all tension from this area of your body. Your lungs are contracting and expanding freely. Your chest is rising and falling peacefully and rhythmically as you breathe. Any tension that was in your chest or lungs has now left. Your muscles here are completely relaxed.

Next, focus on your upper arms. Picture the muscles in your arms relaxing. These muscles work hard each day, helping you lift and carry. Right now they don't have to do anything, so let them relax. Release any tension you might be holding in your upper arms and then in your lower arms and your hands and fingers. Concentrate on releasing any tightness you may be carrying anywhere along your arms. Picture the tension simply flowing down your arms and out the ends of your fingertips. Your arms are now completely relaxed.

Move your focus to your stomach. It's common for people to feel tightness or "knots" in their stomach when they're anxious. Pay attention to your stomach muscles and consciously relax them. Each time you exhale, let them become more and more limp, until you feel your stomach "sinking" comfortably into your body. Know that any tension in your stomach is now gone, and your stomach is completely relaxed.

Anxiety Workbook for Teens *

Now place your attention on your lower back and hips. Release any tension you may be feeling in these areas. Let your hips feel warm and heavy, and feel them sinking comfortably into the chair beneath you. Let the muscles in your lower back and hips relax completely and notice how good this feels.

Next, move your attention to your upper legs. There are large muscles in your thighs that carry you from place to place every day. They don't need to do any work right now, so you can let them relax completely. Let your upper legs feel warm and heavy. Let them sink into the chair beneath you as you release all the tension from this area of your body. Notice how relaxed your thighs are now.

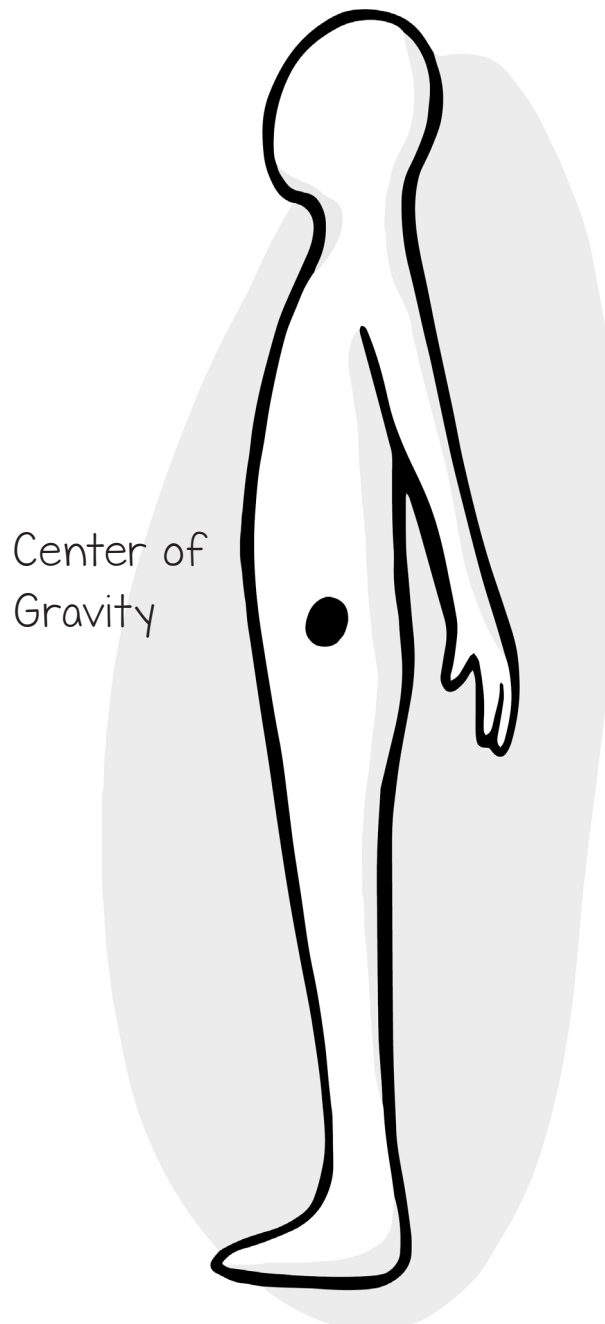
Move down your legs to your knees and calves, your feet and toes. These body parts also work hard to hold you up every day. They can be completely relaxed now.

Consciously let any tension go from these muscle groups and joints. Picture the tension flowing easily out of your legs and your feet and out the tips of your toes. Let all of this tension disappear into the air around you.

Now sit quietly for a few minutes and enjoy the relaxation you've allowed in your body. Notice what it's like to feel this relaxed. Rate your anxiety level once again, as you did before you started this exercise. Notice if your number has gone up, down, or stayed the same. When you're ready, bring your attention back to the room that you're in, and open your eyes.

Stand straight with both feet flat and solidly on the floor, shoulder-width apart. Close your eyes. Adjust yourself so that you feel balanced. Place your attention on your physical body. Without moving or touching your right hand, put your attention on it. Now without moving or touching your left knee, put your attention on it. Next, without moving or touching your navel, put your attention on it. Now be aware of a spot an inch or two behind and two or three inches below your navel, in the back center of your abdomen. With your eyes closed, try to get a sense of this inner spot that is the center of gravity of your body.

Keep your attention focused on this point. Imagine yourself drawing in all your scattered energy and concentrating it here. Continue to focus your energy here for a few minutes until you feel stable and balanced.



1. Play the 5-4-3-2-1 Game.

To take your attention off your anxiety, pay attention to what's going on around you instead. Name 5 things you can touch, 4 things you can see, 3 things you can hear, 2 things you can smell, and 1 thing you could taste or eat. Repeat this as many times as you need until you feel calmer. Remember you can choose anything at all within your surroundings. (Increase the challenge by looking for odd or unusual items!)

2. Listen to Soothing or Upbeat Music.

Play a song or songs that you really love. Listen to the notes, immerse yourself in the melody, say or sing the words as if they were yours. Let yourself be carried into the music and focus on how that feels.

3. Let Cold Temperatures Help You Chill Out.

Hold an ice cube in the palm of your hand and watch it melt. Watch the drops of water running through your fingers and see where they land. (Or swirl it in your mouth and feel the different levels of cold and wet.) Immerse your hands in cold water or drizzle it down the inside of your arm. Pay attention to how it feels on your skin and your body.

4. Play the Category Game.

Pick any category of your choice, such as "Pizza Toppings," "TV Shows," or "Friends' Names." Go through the alphabet and think of one item in your category for each letter. For example, "Pizza Toppings" might be A-anchovies, B-bacon, C-cheese. (Have fun, get nostalgic, or be creative with any categories you like.)

5. Reconnect to Reality with "Right Now" Questions.

Ask yourself and answer: What is the time, day, date, month, season, and year right now? What is my name, age, birthday, hair color, eye color? Where am I located—room, building, street, city, state, country? What am I wearing, doing, saying?

6. Play Five Fingers—Five Senses.

Trace your hand on a piece of paper. Label each finger with one of the senses: touch, sight, hearing, smell, and taste. Then next to each word, write or draw something that calms you which corresponds to that sense. For example, for touch you might say, “My soft hoodie;” for sight, you might write, “A beautiful sunset,” etc. When you feel anxious, look at or touch each of your fingers one by one, saying or imagining the item you identified. Repeat as many times as you need until you feel calm.

7. Anchor Yourself.

Sit down and put both of your feet flat on the ground. Push your feet firmly but gently into the ground and focus on your connection with that solid surface. Feel yourself anchored safely to the earth. Clasp your hands together, or let them grasp the chair. As you do this, repeat a phrase or words that affirm your stability such as, “I am anchored and balanced,” “I am steady and strong,” or “I am safe and secure.”

8. Dial It Down.

Sit down and close your eyes or lower your gaze. In your mind, picture a dial that regulates your anxiety. Notice how high the dial is set when you start. Next, take one peaceful breath in and out. Then imagine yourself reaching out and turning the dial to a lower number. Take another peaceful breath. Turn the dial down again. Repeat until your anxiety is all the way down to zero.

9. Count Backward.

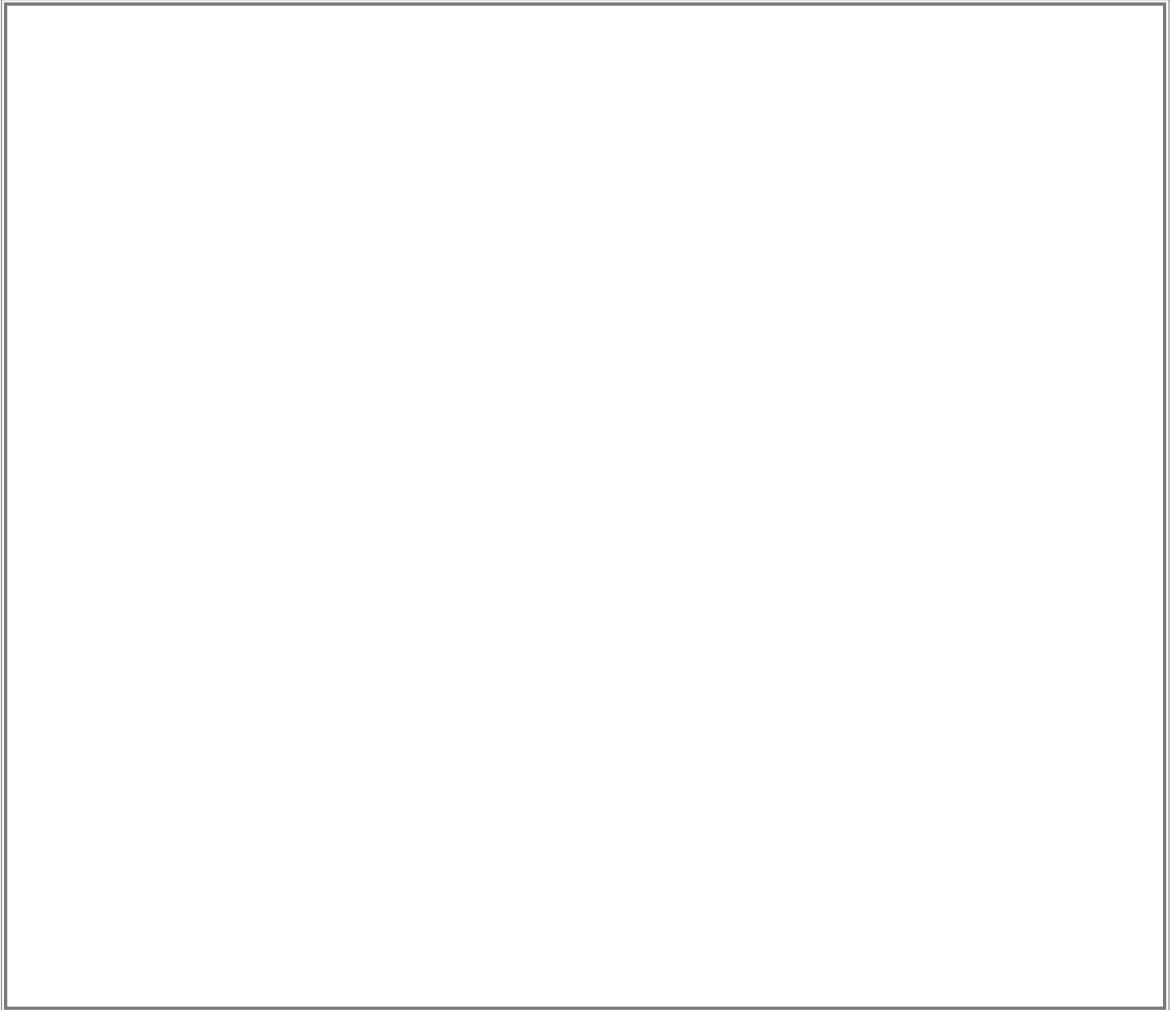
Putting your mind on numbers can pull your brain away from high anxiety. Start at 100 and count backward (100, 99, 98, etc.), taking a peaceful breath for each number. You can also try counting backward by threes (100, 97, 94, etc.) to nudge your concentration even more.



	felt good	felt uncomfortable	lowered my anxiety	raised my anxiety
Follow Your Breath				
Five-Finger Breathing				
Belly Breathing				
4-7-8 Breathing				
Alternate Nostril Breathing				

To start this exercise, rate your anxiety level on a scale from 0 to 10 (0 being completely peaceful, 10 being highly anxious). Write your number here: _____

In the space below, draw a picture of the most beautiful, peaceful place you can imagine. It may be a real place or one that just exists in your mind.





Device:		
App name	Time used	# of daily notifications



Day _____

Date _____

5 am

6 am

7 am

8 am

9 am

10 am

11 am

12 noon

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

10 pm

11 pm

12 midnight

Using Your Mind and Body to Manage Panic Attacks

Using Your Mind

1. Remind yourself that you are not in danger. You're just having an exaggerated experience of a normal reaction to stress.
2. Remind yourself that you can manage the uncomfortable feelings.
3. Instead of thinking thoughts like, *Oh my gosh, this is awful! What's going to happen to me*, think, *Okay, I recognize these feelings. I know what to do to release them and I'll do it now.*"

Using Your Body

1. Find a place where you can sit down. If you can't sit down, lean against something solid.
2. Begin to slow your breathing by taking long, deep breaths. Remember that breathing deeply will bring the needed oxygen back into your body, stop your heart from racing, and eliminate any tingling or dizzy feelings.
3. Look around and notice all the normal things going on around you. Focus on that normalcy as you allow the fearful symptoms to pass.
4. To relieve your symptoms, do other things that feel comforting to you. Some people sip cool water, some lie down and close their eyes, and some put a cool cloth on the base of their neck. Find what works best for you.

Valeria's Prevention List

Here are some of the ways Valeria has learned to prevent anxiety before an exam:

Be prepared. Make a realistic study schedule starting several days to a week before the test so you don't have to cram the night before.

Practice good health habits. These habits affect your ability to stay calm and think clearly. Choose nutritious foods over junk food, get enough sleep (which is directly related to academic performance), exercise regularly to clear your mind and decrease stress, and practice relaxation techniques such as deep breathing, meditation, visualization, and yoga.

Use positive self-talk. Choose "I had a hard time before, but now I know how to manage test anxiety so I'll do better" instead of "I always mess up on tests!" Choose "I'm studying well ahead of time, so I'll do well" instead of "I'll never remember all this information."

Remind yourself of past successes. Focus on all the times you did well on tests and passed exams. Fill your brain with your triumphs and achievements.

Put the test in perspective. This exam does not define you. Your inner qualities, friendships, talents, and combined skills are far more important than one test grade.

Use visualization. Imagine yourself feeling calm and relaxed and doing well on the test. When you picture a positive experience and a positive outcome, you set up new neural pathways in your brain, and the reality will follow.

Take a formal practice test, if possible. If that's not possible, make one up for yourself. This helps you both learn the material and practice managing your anxiety.

Valeria's Intervention Techniques

The intervention, or anxiety management, techniques that Valeria uses on test day include these:

Eat breakfast. Your brain needs energy in order to think and process information. Choose protein instead of high sugar foods that can cause an energy crash in the middle of the test. Skip caffeine and energy drinks that can also raise anxiety.

Be prepared. Know what you'll need ahead of time. That allows you to avoid rushing, which ramps up anxiety. If possible, arrive a little early to the test room. But instead of talking with others—and risking “catching” their anxiety—find your seat and focus on positive self-talk, taking deep breaths, and visualizing a positive outcome.

Use your positive self-talk. If you notice worry thoughts coming to mind, make a conscious decision to let them go and choose the positive thoughts you've already practiced.

Move your body. Release tension by rolling your shoulders, stretching your arms or legs, or getting up for a bathroom break, if that's allowed

Try this tensing—and-relaxing exercise:

1. Sit with your feet flat on the floor.
2. Grab the underside of your chair with your hands.
3. Pull up on your chair and push down with your feet at the same time. Hold for about 5 seconds.
4. Relax for 5 to 10 seconds.
5. Repeat steps 1 to 4 two or three times.
6. Relax all your muscles except those you need to take the test.

Try palming.

1. Close your eyes and then cover them with the center of the palms of your hands.
2. Rest the lower parts of your palms on your cheekbones and the tips of your fingers on your forehead, so you don't touch your eyes in any way.
3. In your mind, picture an exceptionally relaxing scene. Imagine it as if you were really there, looking at it through your own eyes.
4. Continue for one to two minutes.

Try deep breathing.

1. Close your eyes.
2. Breathe in slowly through your nose to the count of 7.
3. Exhale slowly through your mouth to the count of 7.
4. Continue until you feel yourself relax.

Remember good test-taking skills. Read the directions carefully, budget your time, do the easiest questions first, and recheck answers if you have extra time.