

Dealing with Anxiety

DIRECTIONS: Fill in the chart below by answering these questions. All boxes must be filled in.

What is the situation that causes you stress/anxiety?	List at least 3 physical symptoms you have during this situation.	List at least 3 emotional symptoms you have during this situation.	How do you cope with this stress/anxiety?	What is one thing you can do in the future to help reduce this stress/anxiety?
<u>1.</u>				
<u>2.</u>				
<u>3.</u>				
<u>4.</u>				
<u>5.</u>				