

Tips for Dealing with Anxiety:

Make a plan.

Knowing what to expect can be a helpful tool in soothing anxiety. Stay organized; write down assignments, use calendars and lists to keep track of items to work on.

Use positive self-talk.

Think positively about things that you have to accomplish. Tell yourself you can do it, and reward yourself when you have completed a difficult task or assignment.

Allow extra time.

Give yourself plenty of time to prepare for events that cause you anxiety. Extra time to be ready, extra time to feel comfortable, extra time to process will ward off stress and anxiety.

Use calming techniques when you feel overwhelmed or anxious.

- deep breathing
- stretching
- listening to music or singing
- humming
- walking
- hugging a stuffed animal
- squeezing a stress ball
- drawing, scribbling
- write feelings in a journal

Seek out assistance:

Talk to your parent or a trusted adult about things that cause you anxiety. Remember a certain amount of anxiety is normal.