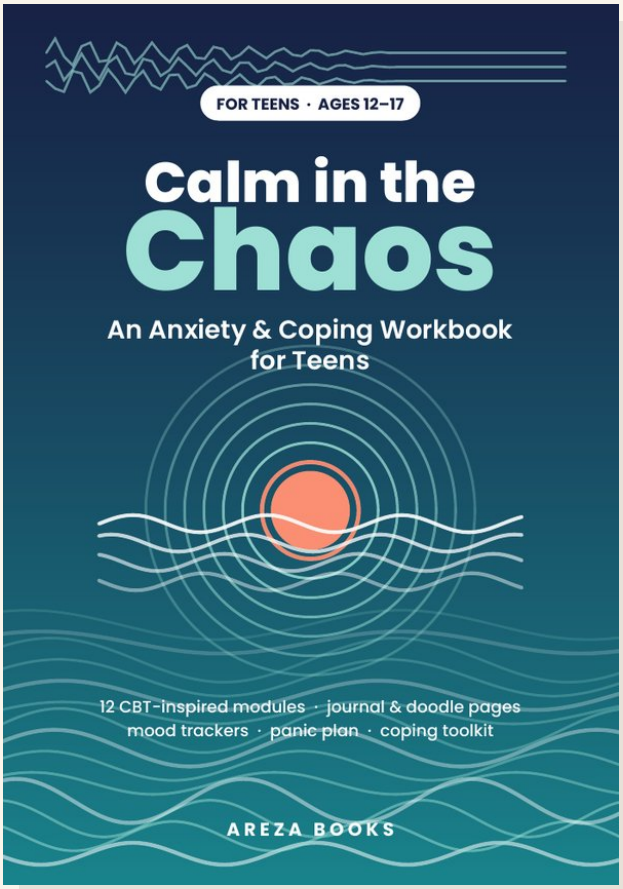

Calm in the Chaos

An anxiety & coping workbook for teens · Ages 12–17

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: How Anxiety Works
- Page 3: Try It: a skill to practice
- Page 4: Doodle page

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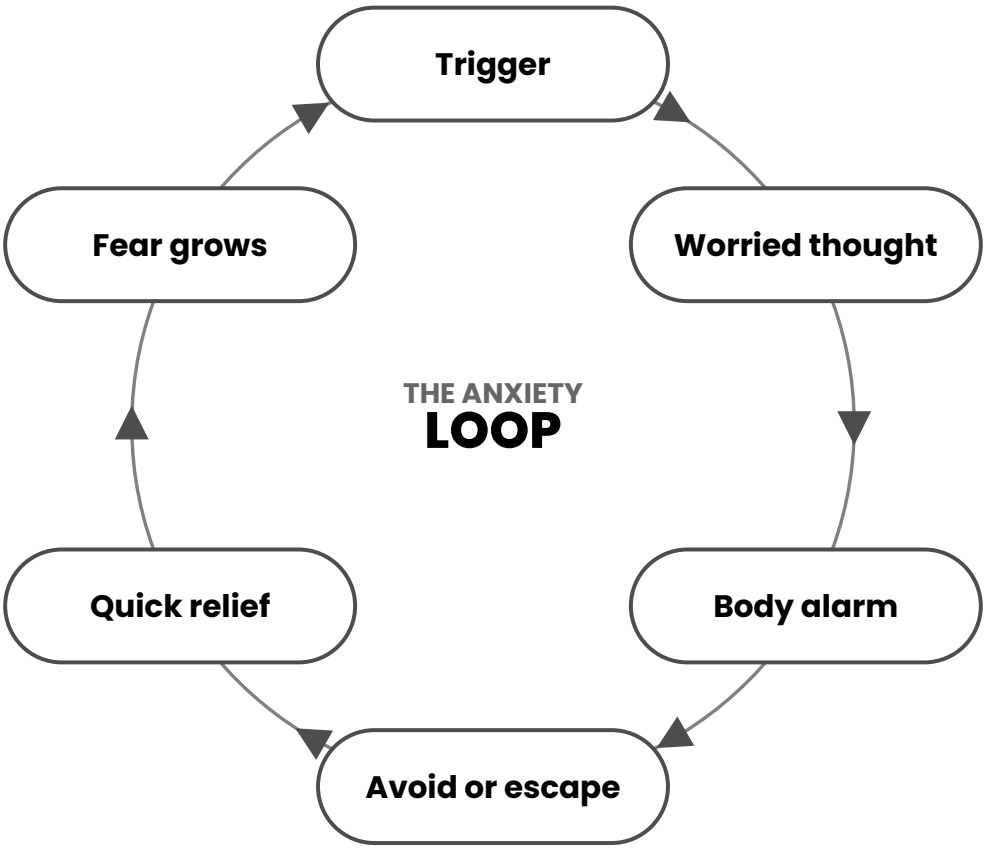
THE BIG IDEA

How Anxiety Works

Anxiety often runs in a loop. Avoiding the thing you fear brings quick relief, but it teaches your brain the thing really was dangerous, so next time the alarm rings even louder.



How to break the loop

Notice the thought. Calm the body. Take a small brave step instead of avoiding. Each time you do, your brain learns: "I can handle this."

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TRY IT

Your Skill to Practice

1. Pick a time this week when you felt anxious.
2. Write what was happening, where you were and who was there.
3. Rate how anxious you felt from 0 to 10.
4. Notice: did the feeling stay at its peak forever, or did it come down?

When I tried it...

Before (0–10): _____ After (0–10): _____

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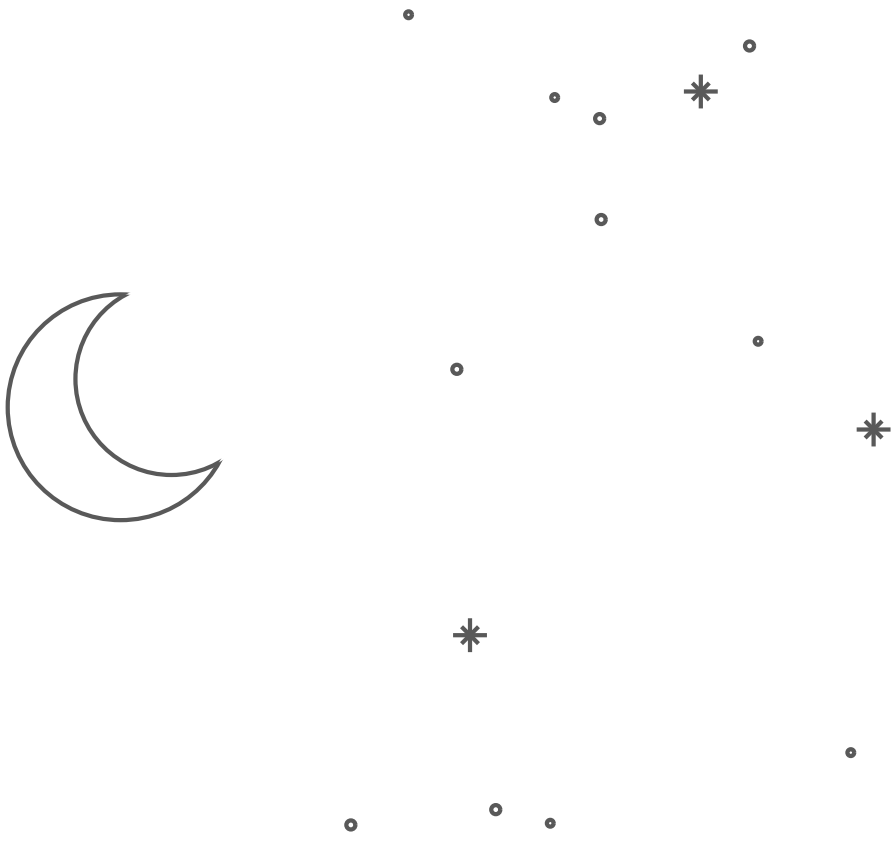
DOODLE PAGE

Anxiety is a feeling, not a fact.

Color the words, doodle around them, or draw what calm looks like to you.



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