

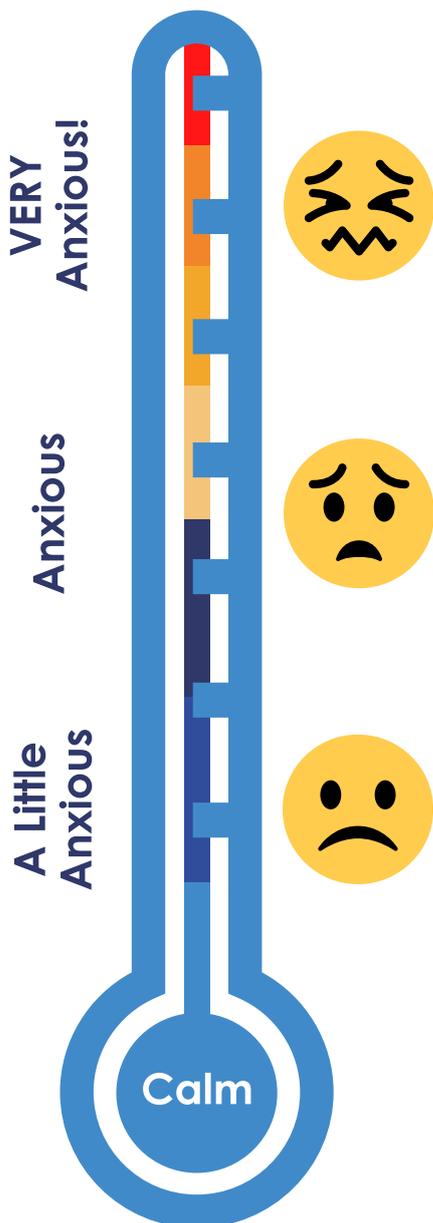


ANXIETY THERMOMETER & ACTION PLAN

It's important to regularly check-in on your feelings. It's a healthy technique that can help you face your emotions, practice mindfulness, and consider what you need to have a successful and productive day!

What are some things or situations that make you feel a little anxious, anxious, and very anxious?

What are some helpful coping strategies you can use at different levels of anxiety?



*"Never trust your fears, they don't know your strength."
- Athena Singh*