

# Anxiety Worksheet for Teens

Name Joel Vasquez

Date February 27, 2022

## "I CAN POWER THROUGH MY ANXIETY!"

It's okay to feel anxious. The important thing is that you're able to find it within you to work through it! It takes time to get the determination to do that so we're going to take baby steps by starting with this exercise. We believe that you can power through your anxieties! We just need to identify them, as well as have you indicate how you feel and react in relation to your bouts with your anxieties. **Please be as detailed as you can as you write down your answers below.**

### QUESTIONS

The three things that make me the most anxious are...

1. School in general.
2. Speaking in front of class.
3. Looking towards the future.

When I feel anxious...

#### *My body goes through...*

Indicate physical changes like "My skin started to feel cold," "I have trouble breathing," "I feel a sharp pain in my chest," or "My voice starts to tremble."

Sometimes my voice trembles. Sometimes, I start shaking, especially if I'm worried about something. I also feel fatigued whenever I get anxious.

#### *I think about...*

Indicate the kinds of thoughts you have when you're anxious, like suddenly feeling like you will fail at something, thinking about isolating yourself, thinking that you're being judged, etc.

There are a number of things about school that make me anxious. Luckily, there are no bullies where I study. I've got great friends, and everyone is generally nice.

But whenever I think about speaking in front of class (because we're going to have speech drills next quarter), I just start shaking and I stutter. My parents and brother pointed it out while having dinner.

I also feel like, if ever I fail a class, my friends will judge me and not want to be friends. And my family will be really disappointed and start treating me differently.



# Math Worksheet Anxiety Relief 2025

**Cynthia A. Arem**





## **Math Worksheet Anxiety Relief 2025:**

**Practical Stress Management** John A. Romas, Manoj Sharma, 2025-09-15 Practical Stress Management A Comprehensive Workbook Ninth Edition provides an accessible and actionable guide for individuals seeking to improve their ability to cope with stress effectively. Featuring engaging activities, insightful explanations, and evidence-based strategies, this workbook equips readers with the tools to identify stressors, understand their impact, and implement techniques to maintain mental and physical well-being. Its practical orientation ensures that users not only learn about stress management but also apply these principles directly to their lives, fostering resilience and balance. Packed with user-friendly exercises, case studies, and new features tailored for contemporary needs, the book supports both personal growth and professional development. Whether for individuals navigating daily pressures or professionals assisting others in stress management, this comprehensive workbook provides a valuable resource for building healthier habits and improving overall quality of life. Addresses stress related to artificial intelligence, remote communication, and other technology-driven challenges, making the content highly relevant to today's environment. Explores a wide range of topics such as relaxation techniques, anxiety and anger management, communication skills, and balanced nutrition and exercise. Features user-friendly worksheets and reflection exercises to help readers apply stress management techniques in everyday life. Addresses current mental health challenges, offering strategies to build resilience and maintain well-being amid increasing stressors. Incorporates the latest scientific advances, including responses to COVID-19 related stress and the growing impact of technology on daily life.

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