

TRUE-U

Managing Anxiety as a Teen

A supportive workbook to help you understand and manage feelings of anxiety in everyday life.

Feeling anxious is something many people experience, especially during teenage years. This is a space to understand your feelings and find ways to cope.

1. What Does Anxiety Feel Like?

How does anxiety show up for you? (thoughts, feelings, body sensations)

2. Triggers

What situations or thoughts tend to make you feel anxious?

3. Your Thoughts

What goes through your mind when you feel anxious?

4. Your Reactions

What do you usually do when anxiety shows up?

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5. Understanding the Cycle

How do your thoughts, feelings and actions connect?

6. Calming Strategies

What helps you feel calmer or safer? (breathing, talking, music, movement)

7. Support System

Who can you talk to or turn to when things feel overwhelming?

8. Self-Kindness

What would you say to a friend feeling this way? Can you say that to yourself?

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9. Small Steps

What is one small thing you can do when anxiety shows up?

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10. Moving Forward

What would feeling more confident and calm look like for you?

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