

Name: _____
Please complete and hand in to your teacher

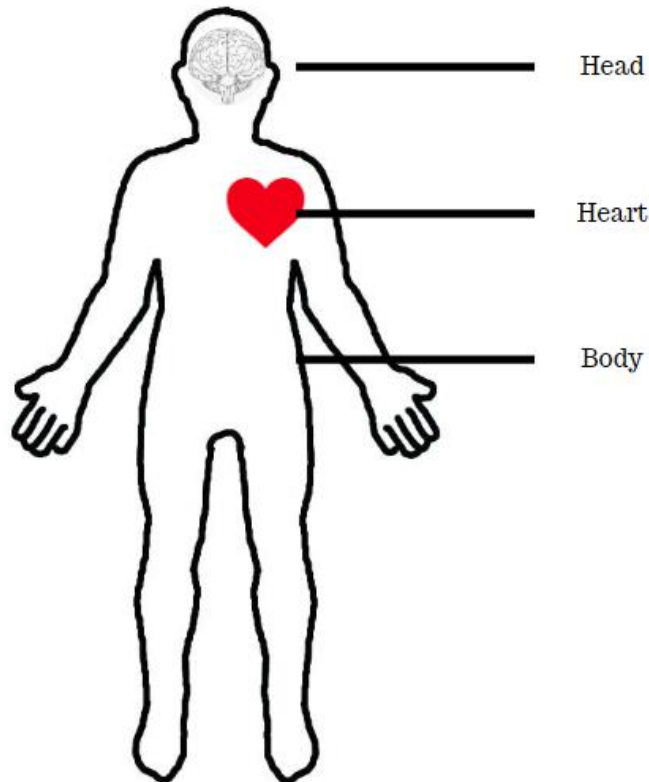
ANXIETY AND ME

Use this worksheet to explore how you respond to anxiety and how you can better cope with it.

Things That Cause Me Anxiety



How my head, heart and body might react



**Healthy Choices for
Coping with Anxiety**



LESS ANXIETY

**Non - Healthy Choices for
Coping with Anxiety**



MORE ANXIETY

Local Supports and Resources

Circle a resource or person you would be most comfortable using for support.

Social Supports:

Family Friend Teacher Coach Instructor Neighbor

Professional Supports:

Doctor Psychologist Counsellor Social worker Elder
Peer Support Worker Pastor/Priest Youth Program worker

Websites:

Canadian Mental Health Association Anxietycanada
Kids Help Phone CAMH Bell Let's Talk
Understand Us Walk in our Shoes Mind your Mind

Apps:

Mindshift Balanced Smiling Mind BoosterBuddy
ThinkFull Calm Headspace Act Belong Commit
Take a Break Breathe2Relax

Mental Health Resource List:

Canadian Mental Health Association	https://cmha.ca/ or use local phone number
Kids Help Phone	https://kidshelpphone.ca/ or app or textline 686868
Anxiety Canada	https://anxietycanada.com/
Centre for Addiction and Mental Health	https://www.camh.ca/
Bell Let's Talk	https://letstalk.bell.ca/en/
Teen Mental Health	https://teenmentalhealth.org/
Youth Space	https://youthspace.ca/ or textline 778-783-0177
Mindshift	App - download from app store
Saskatchewan Healthline/Resource Info	Phone: 811 or 211
Mental Health and Addictions Services	Phone: 1-866-367-8743
First Nations and Inuit Hope for Wellness Hotline	Phone: 1-855-242-3310
Family Services Regina	Phone: 306-757-6675
Family Services Saskatoon	Phone: 306-244-0127
Emergency Help	Phone: 911