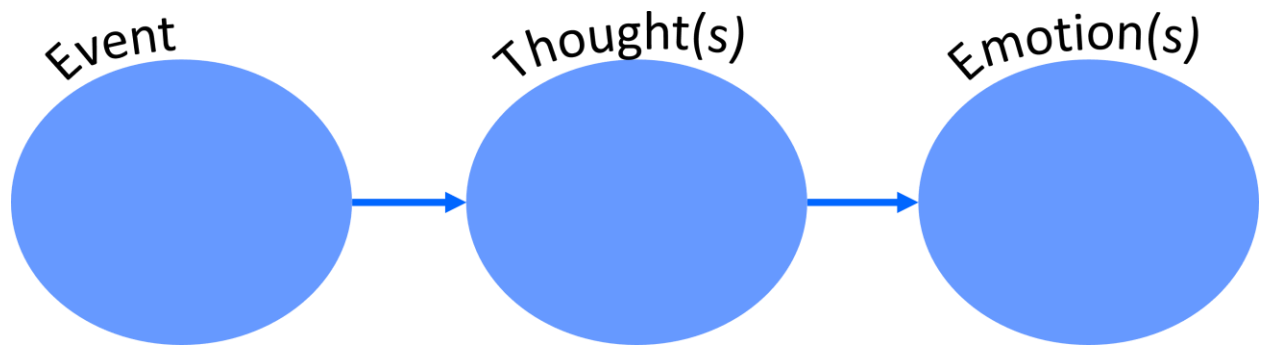
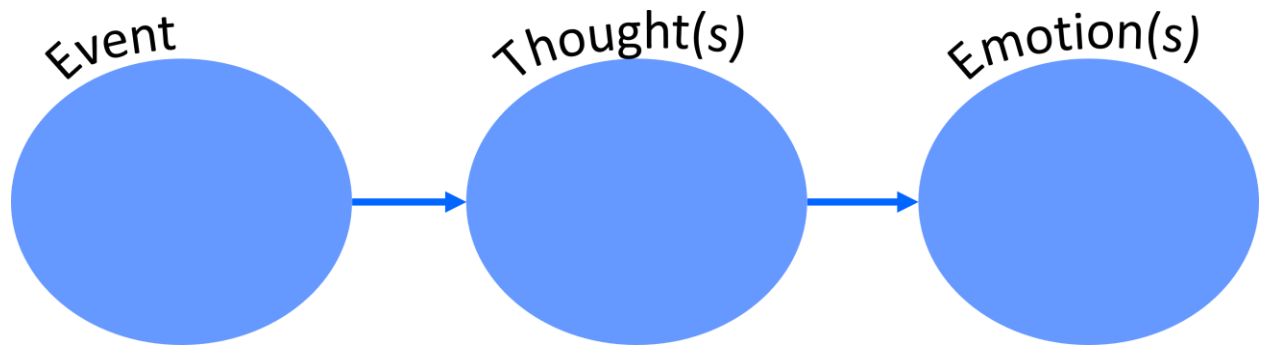
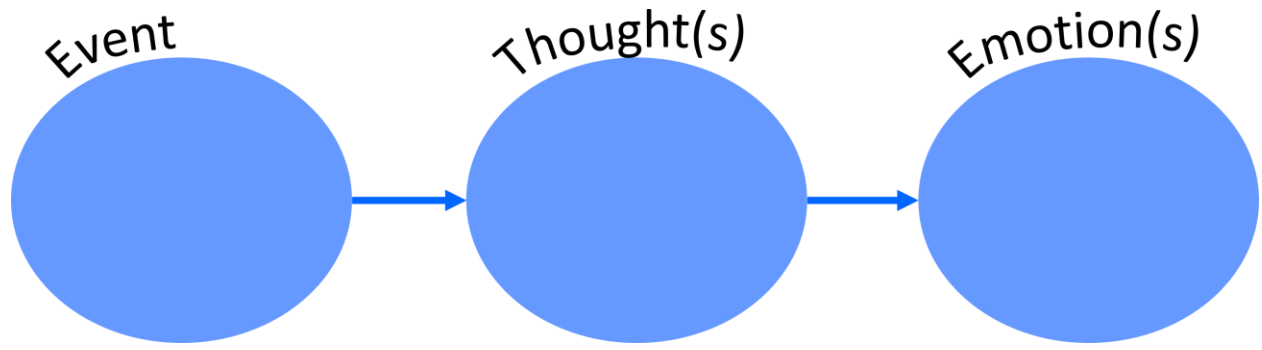
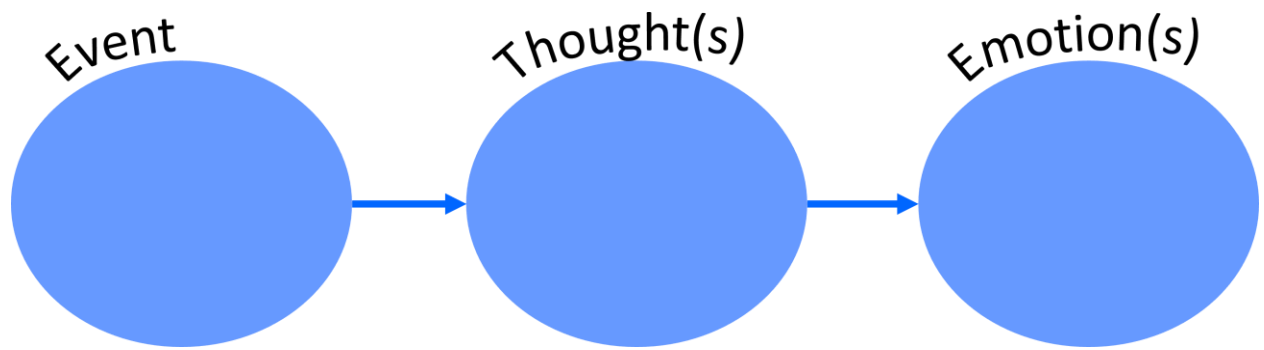
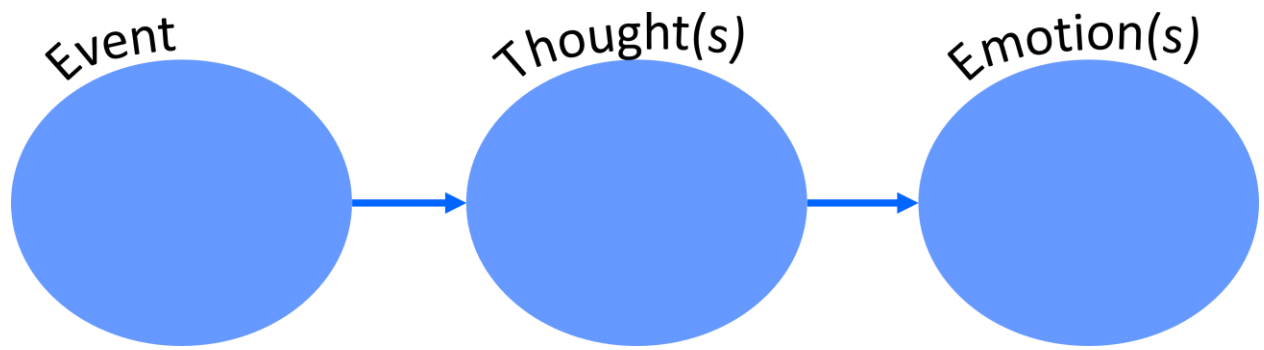
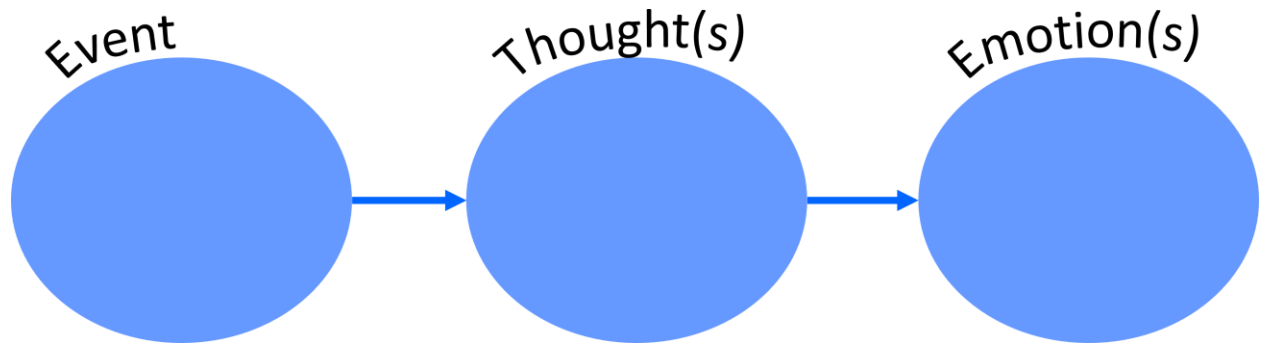


Worksheet 1

It can be helpful to slow down and examine our thoughts surrounding events in our lives, and how those thoughts trigger our emotions. You can use this worksheet to do just that. The first one is filled out as an example.







Worksheet 2

The way we talk to ourselves matters. Take some time to think about ways you are unkind to yourself or sabotage yourself. Seeing them written out in front of you can help you change these habits for the better!

10 Ways I'm Mean to Myself	10 Ways I Can Be Nicer to Myself

Worksheet 3

Grounding can be a helpful practice for when anxiety strikes. This worksheet is adapted from a popular sense-based grounding meditation. Get still in your space, breathe gently, and list: 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.

Feel free to change up the order and number of the senses to your needs.

5 Things I can See

4 Things I can Hear

3 Things I can Touch

2 Things I can Smell

1 Thing I can Taste

Worksheet 4

When we're anxious it can be hard to live the life we want for ourselves. One way to practice living with the habits we want is by writing out our values and writing out simple ways to practice them. You can use this worksheet to do that! The first value block is filled out as an example.

I value **creativity**

1 way I can practice this value this week:

Make some stuff out of clay and listen to some good music

I value

1 way I can practice this value this week:

I value

1 way I can practice this value this week:

I value

1 way I can practice this value this week:

I value

1 way I can practice this value this week:

I value

1 way I can practice this value this week:

I value

1 way I can practice this value this week:

I value

1 way I can practice this value this week:

I value

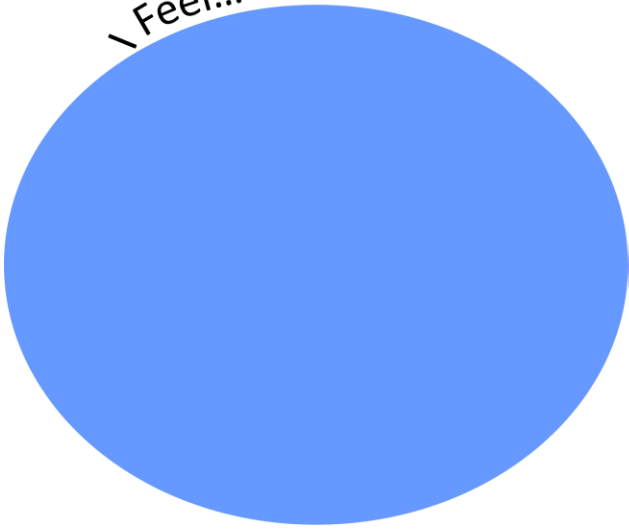
1 way I can practice this value this week:

Worksheet 5

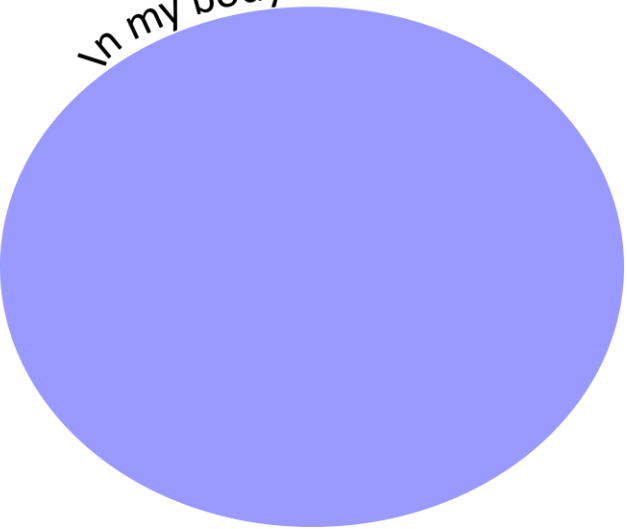
It can be useful to recognize the physical, bodily feelings that go with your thoughts or emotions. You can use this worksheet to parse that out. The first bubble is filled out as an example. Remember – your feelings are your own! There's nothing wrong with feeling.

<p>Feel...</p> <p>nervous</p>	<p>In my body...</p> <p>My palms are sweaty, I feel shaky, my forehead hurts</p>
<p>Feel...</p>	<p>In my body...</p>

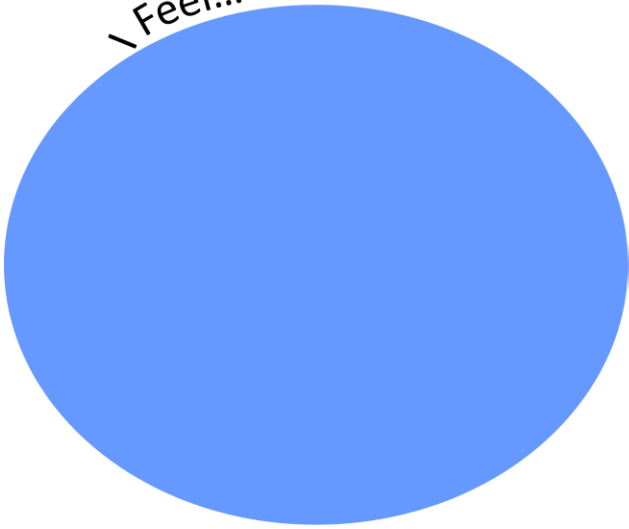
\ Feel...



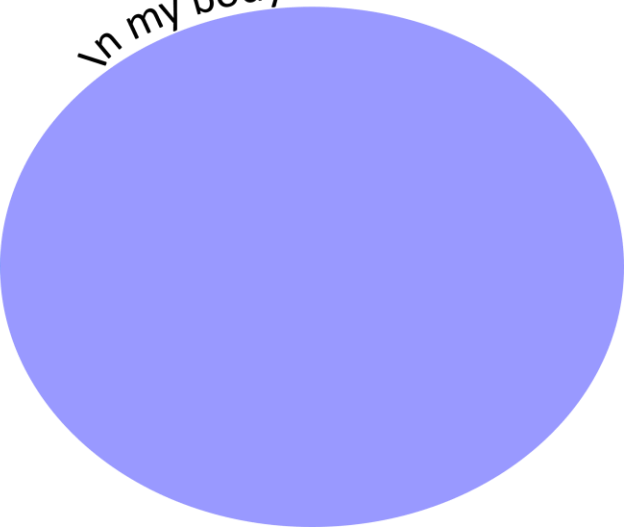
In my body...



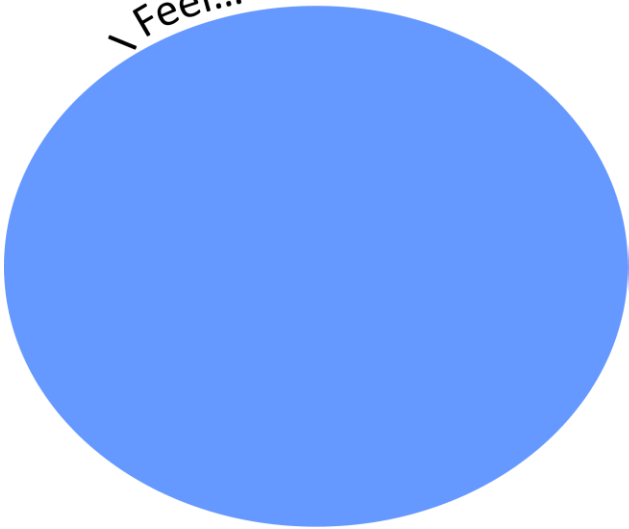
\ Feel...



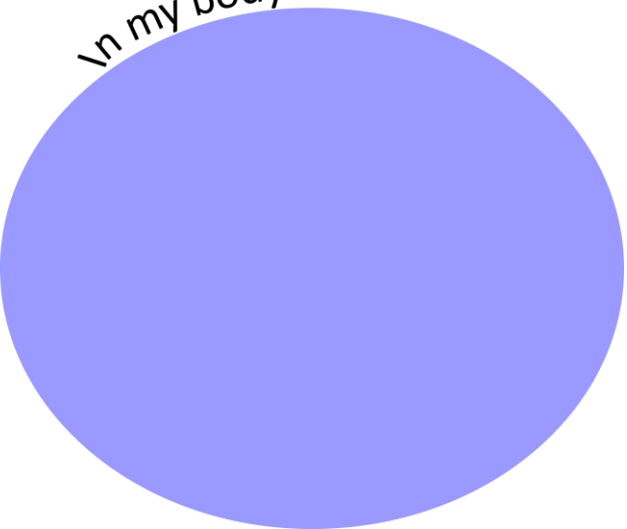
In my body...



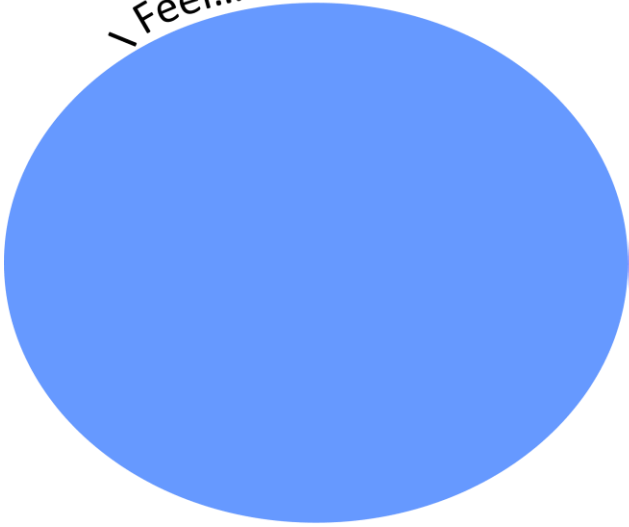
\ Feel...



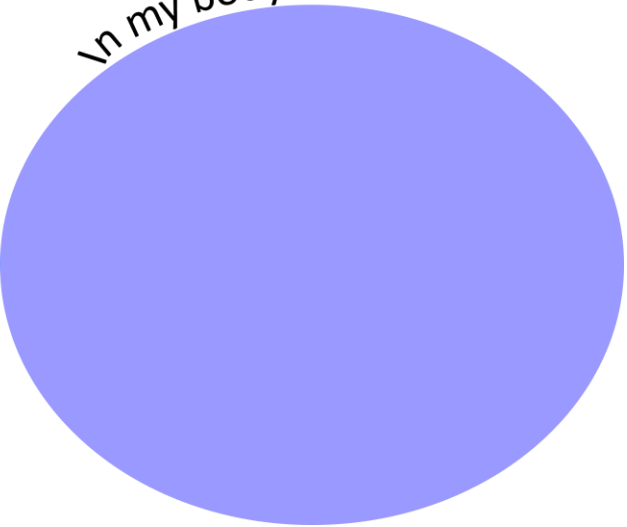
In my body...



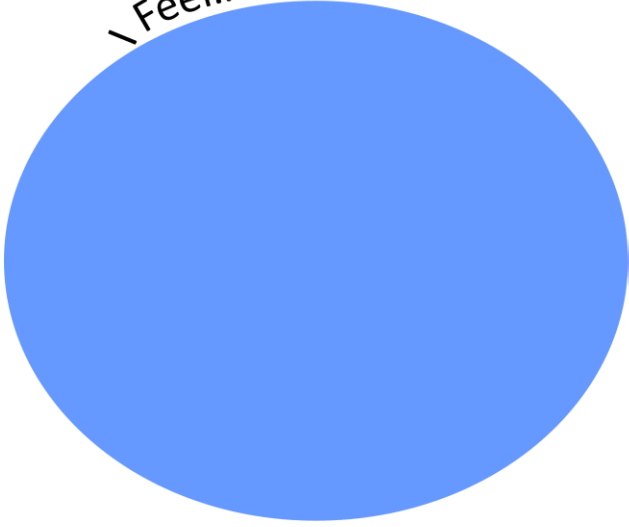
\ Feel...



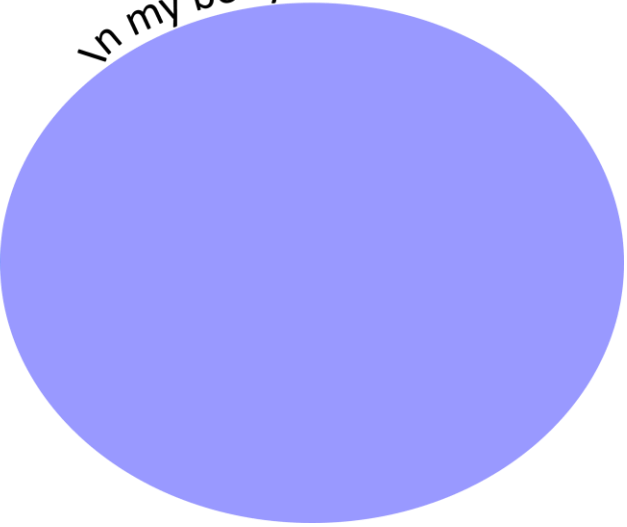
In my body...



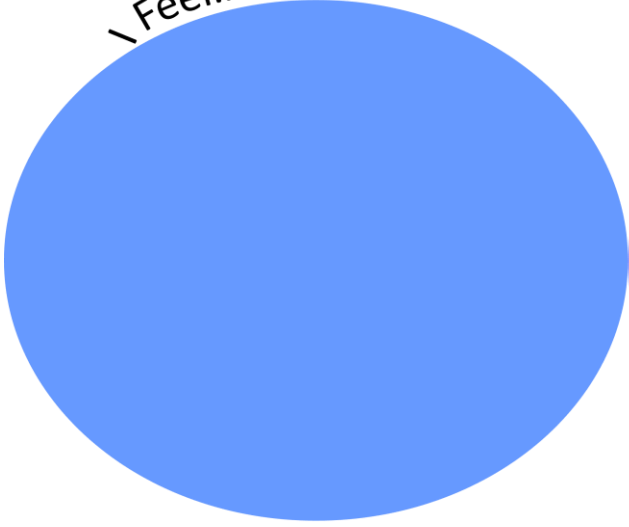
\ Feel...



In my body...



\ Feel...



In my body...

