

MY ANXIETY WORKBOOK

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DIRECTIONS

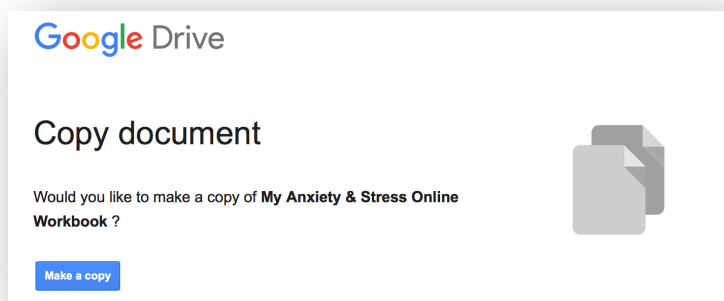
This digital workbook uses a CBT approach with psychoeducation to teach kids about anxiety, the affects of anxiety, negative thought traps, the power of positive thinking and intervention and prevention strategies. Students will be able to take self assessments, answer discussion questions and track their worries and stress management skills.

To access My Anxiety Workbook in Google Slides click. this link:

<https://docs.google.com/presentation/d/1vOLTfteKMjghkenFvAsFN9P-gasyzThAj7MehlklfYQ/copy>

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I hope this is helpful to you and your students. If you need to contact me, you can email me at themiddleschoolcounselor@gmail.com

Meet Carol

THE MIDDLE SCHOOL Counselor



I am a school counselor from Lansing, NY. I have 25 years experience as a counselor in all 3 levels, elementary, high school and currently, middle school. I was awarded the NY School Counselor of the Year Award in 2014 and was the NY Representative for the American School Counselor of the Year Award at the White House in January of 2016. School Counseling is my passion.

I co—sponsor the School Counselor Community Scholarship, and delight that I get to help counselors each year attend the ASCA conference. I also have served as the VP for Middle Level Counselors with NYSSCA and have recently been elected to President. I am a strong proponent for school counseling programs, and I am always looking for ways to help my fellow colleagues.

My lessons are designed using the ASCA National Model and lesson plans align with the corresponding Mindsets and Behaviors. I strive to help students find personal, academic, career, and social/emotional success.

HELPING STUDENTS REACH FOR THE STARS...

Connect With Me



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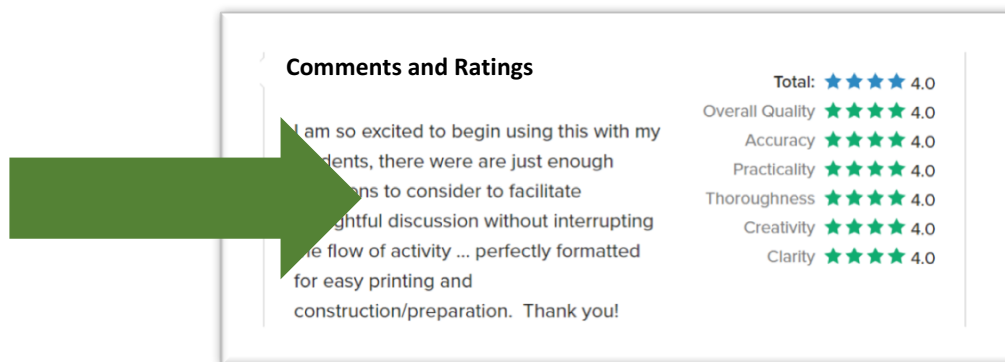


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Carol Miller



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