



ANXIETY TALK

An Ellington Youth Services Series

Explore what *your* anxiety's purpose is:

Anxiety is telling you to gather more information.

Imagine that anxiety is saying "hey I feel like something important to me is at risk" or "there's a lot of unknowns with this situation." Write down any times when this has happened to you here:

Anxiety is the nervous system requesting reassurance.

Think of this as "normally I feel safe in this situation but right now my safety feels threatened." Write down any times when this has happened to you here:

Anxiety is preparing you to conquer a challenge.

Imagine hearing your anxiety tell you that "this challenge is unavoidable" and "I'm telling the body to get ready to survive this." Write down any times when this has happened to you here:

Anxiety is saying that something
is important to you...