



A Closer Look at Me:



Anxiety and worry are common ways of feeling. These feelings are often described as a feelings of uneasiness, edginess or feelings of panic. When the feelings get out of control, helpful / supportive strategies are needed to help combat them. Look at each question below to build a better understanding of your worry and anxiety.

1. **What words can you use to describe how you feel when you are worried or experiencing anxiety?** (*edginess, nervousness, butterflies, uneasiness, agitated, panic, fear...*)
2. **How often in a day do you experience the feelings you listed above?**
3. **On a scale of one to five, with five being very anxious, rate yourself and explain why you gave yourself this rating.**
4. **When you feel very worried or anxious, explain what you do to try and combat those feelings?**
5. **Do any of the strategies you use help combat your worry and anxiety? Why or why not?**