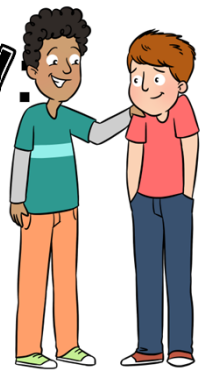


Dealing With Anxiety and Worry Checklist



Everyone has strengths and weaknesses in the area of dealing with anxiety and worry.

Use the chart to identify your strengths and weaknesses:

Weak

Average

Above Average

Excellent

	Weak	Average	Above Average	Excellent
Handle or deal with stress:				
Talk with family or friends about troubles:				
Ask for support:				
Exercise regularly:				
Mediate / being mindful:				
Eat nutritiously:				
Relax when needed:				
Tackle problems as they arise:				