

Anxiety Coping Skills Workbook for Teens

A free, printable worksheet packet to help you understand and manage anxious feelings.

What Is Anxiety, Really?

Anxiety is your body's built-in alarm system. When your brain senses a threat — even one that isn't actually dangerous, like a class presentation — a part of your brain called the **amygdala** sounds the alarm. Your body releases stress hormones like **adrenaline** and **cortisol**, which speed up your heart rate, tense your muscles, and sharpen your focus. This is the **fight, flight, or freeze** response, and it's designed to protect you.

The problem is that this alarm system can't always tell the difference between real danger and everyday stress. The good news: your brain has **neuroplasticity**, meaning it can form new, calmer patterns with practice. Every time you use a coping skill instead of avoiding a fear, you're teaching your brain a new response.

Daily Coping Skills Checklist

Check off the skills you practice today. Small, consistent steps build resilience over time.

- ☐ I took 5 slow, deep breaths at some point today
- ☐ I named a feeling I had, out loud or in writing
- ☐ I moved my body for at least 15–20 minutes
- ☐ I spent time away from my phone/screen
- ☐ I talked to someone I trust about how I'm feeling
- ☐ I got outside for a few minutes
- ☐ I challenged an anxious thought instead of believing it automatically
- ☐ I did one small thing I was avoiding because of anxiety
- ☐ I got ready for bed at a consistent, reasonable time

CBT Thought Record Worksheet

Challenge anxious thoughts step by step, the same method used in cognitive behavioral therapy.

Example: Situation: "Presentation tomorrow." Anxious thought: "Everyone will laugh at me." Feeling: Anxious, 8/10. Evidence for: "I stumbled on words before." Evidence against: "Most people are focused on their own turn, not judging mine." Balanced thought: "I might feel nervous, but I've gotten through presentations before." New feeling: Anxious, 4/10.

Situation	Anxious Thought	Feeling (0–10)	Evidence For	Evidence Against	Balanced Thought	New Feeling

Worry Time Log

Instead of reacting to every worry as it comes up, jot it here and revisit it during a set 10-minute "worry time" each day. Many worries feel smaller once you look at them later.

Worry	Date/Time Noted	Still Worried at Worry Time? (Y/N)

--	--	--

NFH Clinic | newfasthealth.com — This worksheet is for personal use and educational purposes. It is not a substitute for professional mental health care.

Panic Attack Action Plan

Keep this page somewhere easy to find — your phone, wallet, or backpack.

When a panic attack hits, follow these steps in order:

- 1. Name it.** Say to yourself: "This is a panic attack. It's uncomfortable, but it isn't dangerous, and it will pass."
- 2. Slow your breathing.** Breathe in for 4 counts, hold for 4, out for 4, hold for 4. Repeat 5 times.
- 3. Ground yourself.** Name 5 things you see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.
- 4. Cool down.** Splash cold water on your face or hold something cold, like an ice pack, to your cheeks.
- 5. Reach out.** Text or call a trusted adult or friend if you can. You don't have to explain everything — just say you need a moment of support.
- 6. Wait it out.** Panic attacks typically peak and start easing within 10–20 minutes. Don't fight the feeling — let it move through you.
- 7. Don't run from the situation.** If it's safe to stay where you are, try to. Leaving reinforces the idea that the place or situation was dangerous.

My Personal Calming Phrase:

People I Can Contact for Support:

Name	Relationship	Phone/Contact

NFH Clinic | newfasthealth.com — This worksheet is for personal use and educational purposes. It is not a substitute for professional mental health care.

Weekly Anxiety & Trigger Tracker

Track patterns over one week to spot what raises or lowers your anxiety.

Day	Anxiety Level (0–10)	What Triggered It?	Coping Skill Used	Did It Help? (Y/N)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

End-of-Week Reflection

What pattern did I notice this week?

Which coping skill worked best for me?

What's one small step I can take next week?

Need more support? NFH Clinic offers guidance and treatment for teens and families managing anxiety. Visit newfasthealth.com to connect with our team.