AGES 12–18 | EDUCATIONAL GUIDE

Anxiety Management Guide



WHAT THIS IS

Anxiety is your body's alarm system. It can be helpful, but sometimes it sounds the alarm when there is no danger.

HOW TO USE IT

1. Spot your body's signals and thoughts.
2. Try one calming tool for 2 minutes.
3. Face the smaller steps of what you avoid.

EXAMPLE

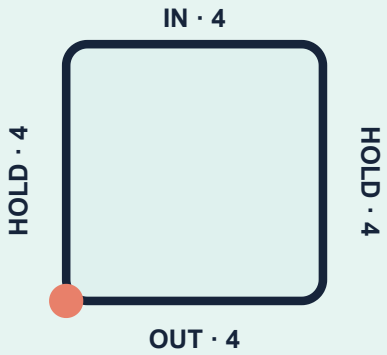
"My chest tightens before presentations. I do box breathing for 2 minutes and feel steadier."

My body signals

- [ ] Racing heart
- [ ] Tight chest
- [ ] Sweaty hands
- [ ] Stomachache
- [ ] Shaky
- [ ] Headache

My thoughts

Box breathing



5-4-3-2-1 grounding

5 things you see · 4 you feel · 3 you hear · 2 you smell · 1 you taste

Reframe the thought

"What if it goes badly?" → "What if it goes okay? What would I do if it didn't?"

My anxiety ladder (small to big)

1.
2.
3.
4.

If anxiety is getting in the way of school, friends, or sleep, talk to a parent, counselor, or doctor. Support helps.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.