WorryWheels

Leave the light on at night

Write on my worry cloud

Fidget with or hold something

How can I manage my anxiety?

Can someone help me when I feel like this?

How can I change the way I think about my anxiety?

Where do I want to go when I get anxious?

> How do I feel after talking about my anxiety?

Do physical exercise

Relax and breath deeply

Be on my own

40W CAN I MANAGE MY ANXIETY?

