

Coping with anxiety at **SCHOOL**



Anxiety triggers can happen anywhere! Read below to learn how to cope with your feelings of anxiety when you're at school!

1.

Some kids get anxious before a test, others get anxious when they're in a certain classroom or around a particular group of kids. What are *your* anxiety triggers at school? Knowing your triggers can help you identify coping skills that will work best in each situation.

2.

Know your body warning signs! Your body will give you clues to let you know that you are starting to feel anxious. This is when you should start using coping skills. Some people start to sweat or get fidgety, or it becomes harder for them to breath. What happens to your body when you start to feel anxious?

3.

Keep track of your thoughts. Normally when people are anxious, they have negative thoughts that usually makes them feel worse. Try using positive self-talk! Positive self-talk is when you say things to calm yourself such as, "just breathe" or "everything will be fine". You can even write down these statements and keep them somewhere you can see them.

4.

Think of quick ways to relax your body while at your desk or in the hallway. Deep breathing is a simple way to get your body to calm down. Breathe in and out slowly while imagining you're at a calming place. Squeezing and relaxing different parts of your body can also be helpful. If you're allowed, use a stress ball to help calm you down whenever you're anxious.

5.

Identify friends in your class that you can talk to whenever you're feeling anxious. Make sure to let them know what you might need them to do or say whenever you're anxious about a test or assignment. Sometimes it is helpful to hear from someone else that "everything is going to be OK".

6.

Talk with the counselor at your school about your anxiety and work together to see if there are other techniques that would be helpful for you to use. Sometimes just being able to open up to someone about what you're experiencing can help you feel better.

Having a little bit of anxiety at school is normal. Most of us get anxious when we have a big test or we might get nervous in certain social situations. Anxiety becomes a problem when it starts to affect our grades and interactions with other people. Use these tips to help you learn how to cope with anxiety in a healthy way!

