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ANXIETY WORKSHEETS

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ANXIETY WHAT CAUSES IT?

Research suggests that anxiety doesn't just spring from having too many or too intense of certain brain chemicals. Instead, there are many possible causes of anxiety including genetics, environmental factors, and even lifestyle choices.

Genetics: If your parents or grandparents had anxiety, you may be more likely to develop it. Anxiety can also be passed down through generations.



If you're suffering from anxiety, it doesn't mean that you're lazy, weak, or incapable.

SOME CAUSES / TRIGGERS OF ANXIETY ARE:



GENETICS

Research suggests that anxiety doesn't just spring from having too many or too intense of certain brain chemicals. Instead, there are many possible causes of anxiety including genetics, environmental factors, and even lifestyle choices.



ENVIRONMENT

Research suggests that anxiety doesn't just spring from having too many or too intense of certain brain chemicals. Instead, there are many possible causes of anxiety including genetics, environmental factors, and even lifestyle choices.



ANXIETY

Research suggests that anxiety doesn't just spring from having too many or too intense of certain brain chemicals. Instead, there are many possible causes of anxiety including genetics, environmental factors, and even lifestyle choices.

SYMPTOMS OF ANXIETY CHECKLIST

Do you frequently experience feeling nervous or physical symptoms without reason?

- ☐ Irritability and/or moodiness
- ☐ Loss of interest in activities that you used to enjoy doing
- ☐ Overthinking or ruminating
- ☐ Hypersensitivity and perfectionism
- ☐ Loss of energy

ANXIETY WHY DO I FEEL THIS WAY?



Anxiety is a feeling of stress that will accompany unpleasant thoughts that are hard to get out of your head. Other times, you're aware of things that might happen in the future and this makes you feel uneasy, nervous, or even fearful about things you can't control. They don't have to be serious things.

How often do you feel at least 10 symptoms you have:

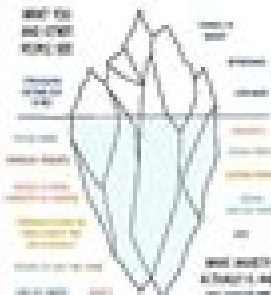
NEVER	RARELY	SOMETIMES	USUALLY
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20

Do you have any other worry that's bothering you, anxiety that's not on the list?

SYMPTOMS OF ANXIETY

- ☐ Irritability and/or moodiness
- ☐ Loss of interest in activities that you used to enjoy doing
- ☐ Overthinking or ruminating
- ☐ Hypersensitivity and perfectionism
- ☐ Loss of energy

THE ANXIETY ICEBERG



MY ACCOMPLISHMENTS

Section for tracking accomplishments and progress.

CHALLENGING NEGATIVE THOUGHTS

Section for challenging negative thoughts and beliefs.

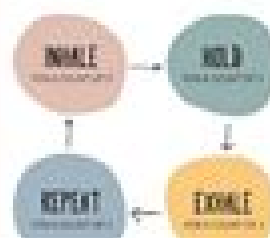
ANXIETY TRIGGERS & HOW TO COPE

Section for identifying anxiety triggers and coping strategies.

SPEAK KINDLY TO YOURSELF

Section for practicing self-compassion and positive self-talk.

MINDFUL BREATHING



THE CYCLE OF ANXIETY



REFRAMING YOUR THOUGHTS

Section for reframing negative thoughts and beliefs.

Financial Aid Anxiety Relief This Week

Tobias Bleicker



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