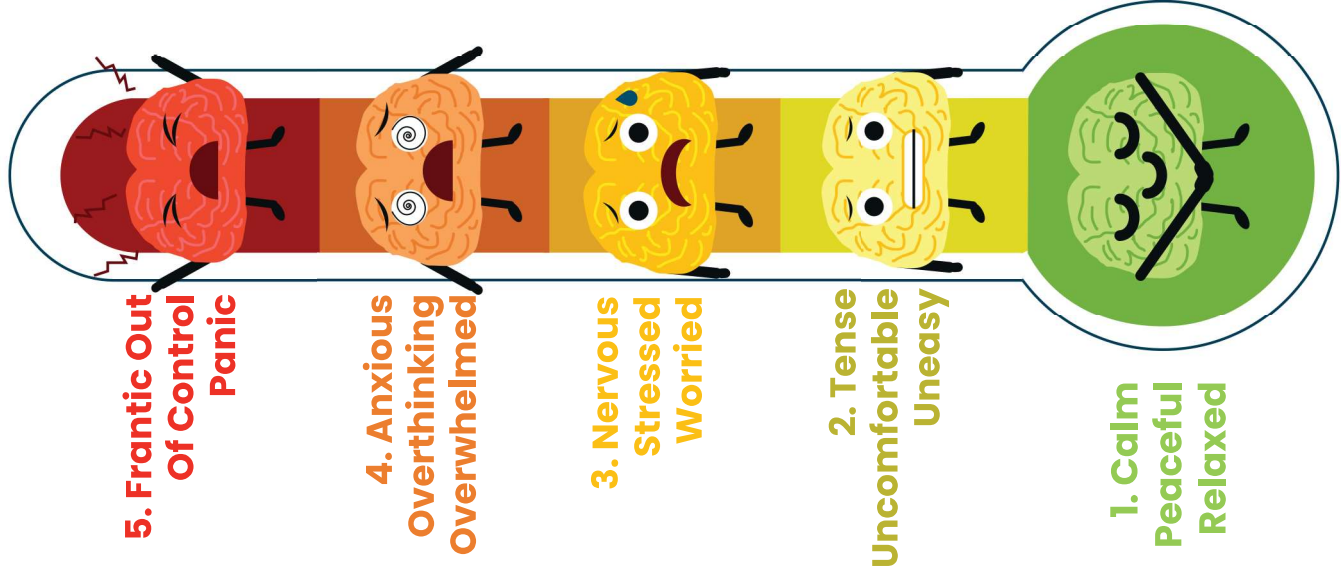






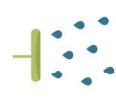



















# Anxiety Thermometer



How Do You Act?	What Can You Do About It?	
Crying, Screaming Refusing, Meltdown Impulsive Behaviors Shutting Down, Trouble Breathing	Ask a friend or adult for help Practice grounding techniques Take slow, deep breaths Splash cold water on your face Take a break in a peaceful spot Take a nap     	Talk yourself into being calm Tense and relax your muscles Take a warm /cold shower Think of a peaceful place Get a drink of water Stress management techniques Count to 10 or 100 Meditate /Pray Journal about your feelings Move your body or exercise          
Distracted Short-Tempered Trouble Sleeping Shaking, Pacing Frozen, Avoiding Negative Thinking, Fast Breathing Whining/Complaining Lost In Thought	Get or give a hug Talk to friends or family Get some fresh air Listen to music Use kind & positive words Take steps toward your goals Smile & practice gratitude Help someone else        	Do a hobby you enjoy Squeeze a stress ball Keep listening Write about your successes    
Tight Muscles, Pacing Fidgeting, Groaning Trouble Concentrating	Smiling, Engaged Relaxed Body Paying Attention Enjoying Yourself	Smiling, Engaged Relaxed Body Paying Attention Enjoying Yourself