



Coping Skills Reframing Thoughts







MINDFULMAZING.COM

Coping Skills



The worksheets in this section are designed to help you create your own chest of coping skills for when anxiety or worry strikes.

Negative and anxious thinking is NOT helpful. It's important to practice balanced thinking.

We can start by learning that thoughts are not facts. And more often than not our thoughts are wrong. Unhelpful patterns of thinking fuel anxiety.

The worksheets in this section are designed to help you become a more balanced thinker by learning to recognize and change your thinking style. Take a stand and talk back against your anxiety bully.

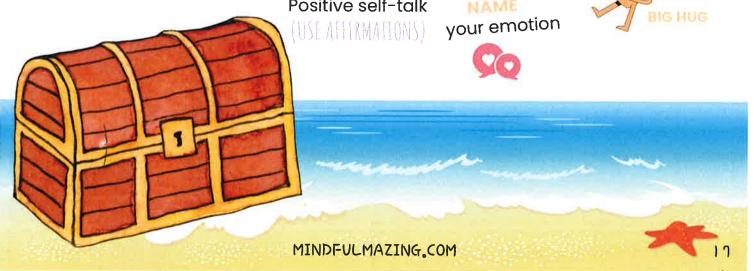
WHEREVER YOU GO NO MATTER WHAT THE WEATHER, ALWAYS BRING YOUR OWN



COPING SKILLS TREASURE CHEST

This is a collection of your favorite tools and strategies to use when you are feeling anxious, scared, worried, angry, or stressed.





My Coping Survival Guide

