

POSITIVE SELF-TALK

For Anxiety

Positive Self-Talk is something you say to yourself whenever you're feeling anxious or worried. It should be something that helps you calm down so that you don't feel so anxious anymore. Read the statements below and see which ones you could use the next time you feel anxious. In the empty speech bubbles, write in your own positive self-talk for anxiety!

I know what my anxiety is trying to do, but I won't let it!

Just focus on the things that I can control. Forget about the things that I can't!

Feelings come and go. This one won't last forever. It will be over soon!

Focus on the positive! What's the best thing that could happen?

Anxiety is just an uncomfortable feeling. I'm going to be all right.

Think about the things that make me feel happy, safe, and confident.

Take deep slow breathes to calm my body down.

I know I can get through this. I've done it before. I've got this!

Worrying is not solving any of my problems. What can I do instead?

There's no proof that what I *think* is going to happen will actually happen.

Focus on the things that are happening around me *right now*. What do I see, hear, taste, smell, and feel?

I can choose to not feel anxious right now. I have control over my feelings.

