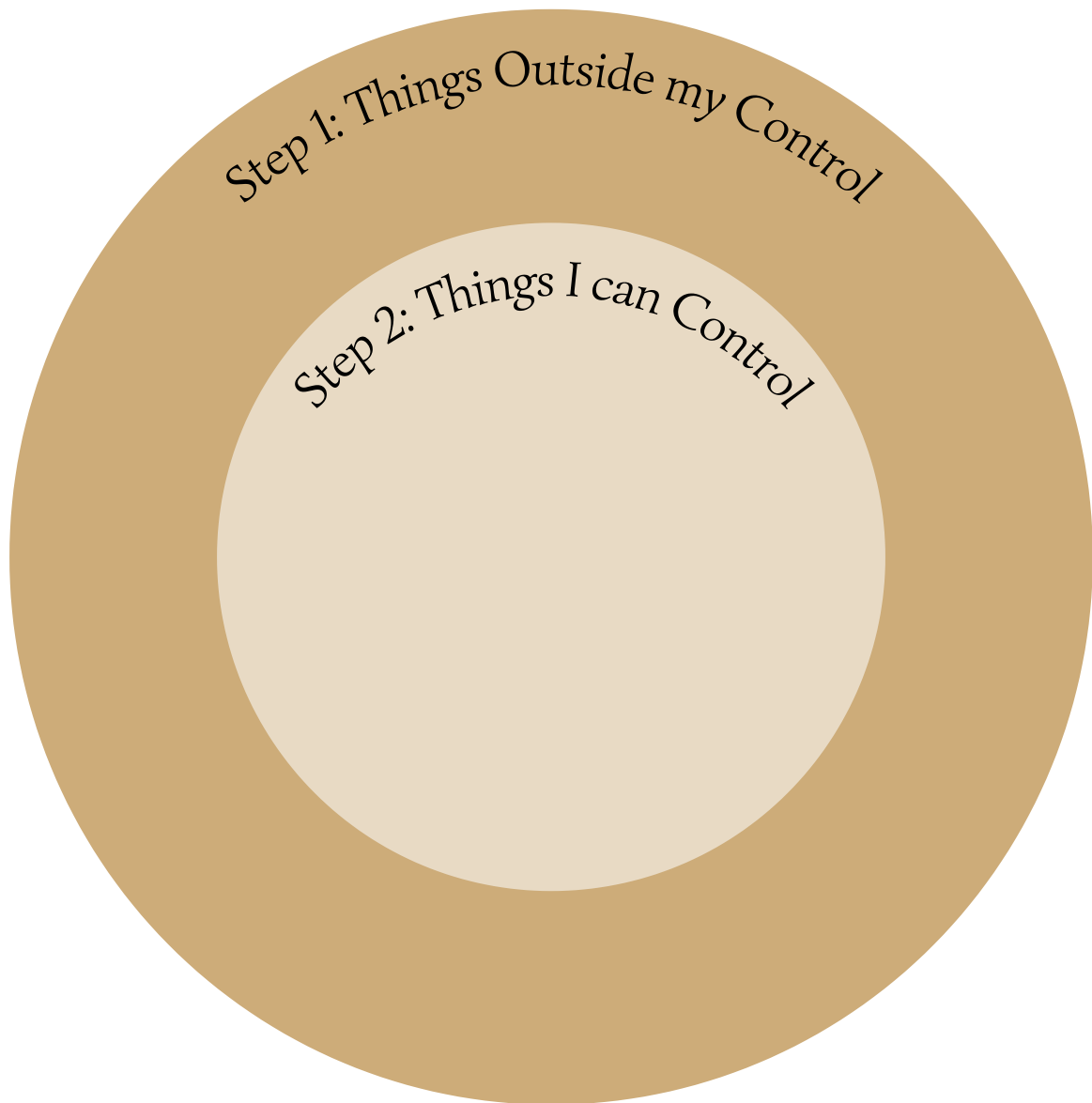
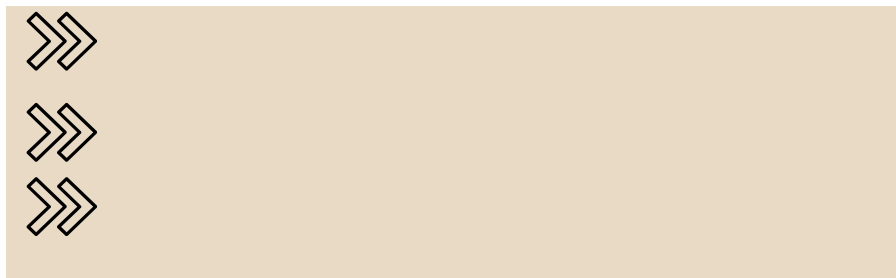


LOCUS OF CONTROL ACTIVITY



Step 3: Coping Strategies for Things I Can't Control



AFFIRMATIONS FOR ANXIETY & UNCERTAINTY

1

I can take things one day, hour, and minute at a time.

2

I can focus on what is going right today and cope with tomorrow when it arrives.

3

Uncertainty can bring positive outcomes, too.

4

I trust in my ability to take the next right step when facing challenges.

5

I have done hard things before, and I can do them again.

6

I have supportive people in my life to help me with challenges.



BARB SHEPARD

Licensed Mental Health Counselor

RESOURCES

Connecting with a therapist:

Psychologytoday.com

Referral from school counselor or pediatrician

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Books:

The Anxiety & Phobia Workbook (7th Ed.) by Edmund Bourne, PhD

Don't Panic: Taking Control of Anxiety Attacks (3rd Ed.)
by Reid Wilson, PhD

Cognitive Behavioral Therapy Made Simple: 10 Strategies for Managing Anxiety, Depression, Anger, Panic, & Worry, by Seth Gillihan, PhD

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Mindfulness Apps:

Calm, Headspace, Sanvello



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