



My Wave of Anxiety

What coping strategies could you use to prevent or limit the peak of your anxiety?



What coping strategies could you use to calm down from the peak of your anxiety and start the recovery process?



Peak

your anxiety at it's worst
may feel like shaking,
sweating, butterflies in your
stomach, racing thoughts

Triggers

short term (acute) events
which cause an intense
emotional response

Recovery

immediate responses to
calm down anxiety

Stressors

ongoing (chronic)
circumstances that begin to
cause mental/emotional strain

Control

ongoing tools and
behaviours that give you
control over your anxiety