

Name _____

Date _____

Question Sheet: Identifying and Managing Anxiety: Interactive

1:29 Everyone experiences anxiety from time to time.

☐

True

☐

False

2:04 The first step in managing anxiety is:

☐

ignoring your feelings.

☐

recognizing the cause.

☐

taking on many responsibilities.

☐

juggling.

3:03 Thinking only about worst case _____ can lead you into a four-part trap.

5:19 Select all that apply. Examples of anxious behaviors include:

☐

loss of appetite

☐

being absent from school

☐

frequently being sad

☐

crying

6:17 It is possible to manage anxiety with a one-size-fits-all approach.

☐

True

☐

False

7:31 One technique for dealing with stress is to imagine a _____ place in your head.

8:29 You can balance out a worst-case scenario by thinking with a more _____ perspective.

9:12 If you are feeling anxious, who would be the best person (or people) to talk to? Why have you chosen this person?