



The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry

Lisa M. Schab LCSW

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If you feel anxious most of the time, you're not alone. There is no one in the world who doesn't feel anxious at some time. And it is even more common to feel anxious during adolescence, because so many changes are taking place in your body, your mind, and your emotions. The good news is that there are a lot of effective techniques you can use, both on your own and with the help of a counselor, to reduce your feelings of anxiety and learn how to keep them from taking over your life. This workbook offers a set of simple activities you can do to make it happen.

The Anxiety Workbook for Teens will show you how to deal with the day-to-day challenges of anxiety. It will help you develop a positive self-image and recognize your anxious thoughts. The workbook also includes resources for seeking additional help and support if you decide you need it. What are you waiting for? Don't spend another minute paralyzed by anxiety.

Anxiety is a common and very treatable condition. Working through the activities in this book will give you many ideas on how to both prevent and handle your anxiety. Some of the activities may seem unusual at first. You may be asked to try doing things that are very new to you. They are tools, intended for you to carry with you and use over and over throughout your life. The more you practice using them, the better you will become at managing anxiety.

If you ready to change your life for the better and get your anxiety under control, this workbook can help you start today.

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