

Level 5: THROUGH THE OBSTACLE COURSE



If you're feeling frightened or expecting something bad to happen, find attitudes and actions that can help.

A good start is to challenge your anxious thoughts by asking yourself these questions.



Feeling frightened?

- ☆ It's time to do some deep breathing or relaxation.

Expecting bad things to happen?

- ☆ It's time to think of coping thoughts

Attitudes and Actions that can help

- ☆ Challenge the anxious thoughts by asking:

- How accurate is this thought?
- How useful is the thought?
- What else could happen?

- ☆ Time to problem-solve!

Problem-solving steps:

1. What's the problem?
2. Brainstorm ideas.
3. Rank the ideas in order.
4. Try out the highest ranked one!

Keep trying ideas until the problem is solved!

Level 5: THROUGH THE OBSTACLE COURSE (continued)



PrUW for Level) 'UICamp Cope-A-Lot

In Level í æÓæ] ÁCope-A-Lot weÁæ}^áÁ@, Á^Áæ Á!| à\| ÉÁ solve. Try practicing using @ problem-solving steps on your own in situations where you feel nervous or anxious.



Write about a time when you used problem-solving this week to help you when you were feeling anxious.

FOR EXAMPLE:

I couldn't find my sneakers and was running late for practice. I was feeling frightened because I was thinking I would get in trouble for being late. I problem-solved to find my sneakers. I thought: I could look in my room, wear my regular sneakers, ask my mom to help me look, or call a friend to ask if they can bring an extra pair. I wore my regular sneakers and went to practice. I was only a few minutes late so no one got mad.
