## Smyrna School District Special Services - Resources for *Anxiety*

Anxiety Breakdown
WHAT IS TRIGGERING MY ANXIETY?
WHAT ARE SOME OF THE THOUGHTS THAT I AM HAVING?
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HOW IS MY BODY RESPONDING?
WHAT IS THE WORST THING THAT CAN HAPPEN?
WHAT DO I HAVE IN MY CONTROL TO KEEP THIS FROM HAPPENING?
WINT DO THAT IN MY CONTROL TO REEF THIS TROM HAFTENING
WHAT CAN I DO TO CALM MY BODY DOWN?
WHAT ARE POSITIVE THOUGHTS TO HELP CALM MY MIND?
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