

# 10 COPING SKILLS or TRICKS TO HELP HANDLE ANXIETY, FEARS, PANIC, PHOBIAS & OCD

*(a worksheet to accompany workbook for children)*

1. **RECOGNIZE It**—admit it—then you can deal with it!

2. **TALKING ABOUT IT**...usually leads to relief and getting more helpful information! It is like letting air out of the balloon and the pressure you feel inside is less.



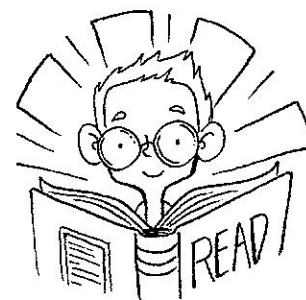
Someone else is now helping you with the problem...you don't feel so alone.



3. **GET MORE INFORMATION**... knowledge is powerful!



4. **SELF-TALK and LOGICAL PROBLEM SOLVING**—thinking things through!



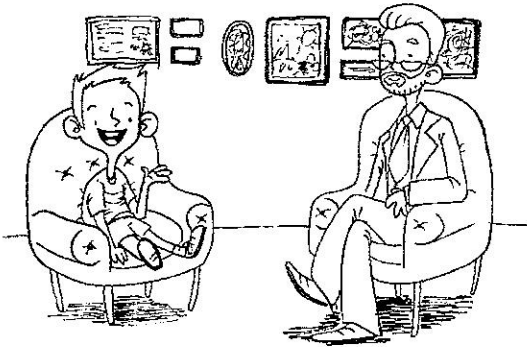
**ALL YOUR PROBLEMS CAN BE SOLVED!**

5. **THOUGHT STOPPING!**  
...**THOUGHT STOPPAGE!**



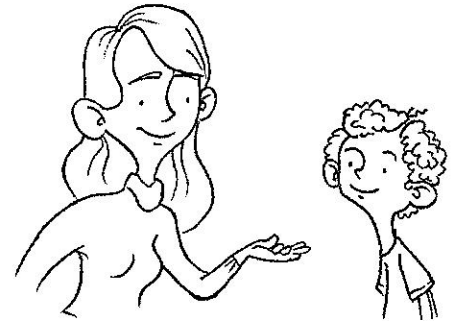
**6. REFOCUSING or THINKING ABOUT SOMETHING ELSE...get your mind on to something else!**

**7. DE-SENSITIZATION or EXPOSURE...you can take baby steps toward the fear! This decreases your sensitivity to the fear...you will face this giant and win!**



**8. COGNITIVE-BEHAVIORAL THERAPY or TALKING ABOUT IT!**

**9. MEDICINE...sometimes, your doctor may put you on medicine to help with the problem of anxiety.**



**10. PRAYER...asking God to help you not be so afraid**

