



ACTION WORKSHEET

What if homework and grades are causing anxiety?



1 Remove any barriers for success

Do you need a tutor? Is it hard for you to talk to your teacher and ask for help? Or maybe it is difficult to study because you are in sports?

Write down any barriers for success you might have here:



2 Reframe your situation

Are your expectations realistic? Perhaps you are giving your best effort and can feel content and at peace that you are using all of your God-given ability.

Am I giving my best?

- Yes! I'll be content with that.
- No, & here is what I can do to improve:



3 Use Coping Skills

BREATHE

- Learn and practice deep breathing techniques.
- Get outside for a break or exercise.
- Talk with peers or trusted friends.
- **Notes about my nutrition & sleep patterns:**

...zzzz



- **Things that make me happy:**

- Talk to God--share what you need and also what you are thankful for.

Notes for prayer:

- **What I need to ask for:**

- **What I am thankful for:**

