

# Coping with Anxiety



## Imagery Template

1. Think of a place where you feel calm and happy. What do you see? Write it down.

2. What do you hear? Write it down.

3. What do you feel on your skin? Write it down.

4. What do you smell? Write it down.

5. Do you taste anything? If so, write it down.

Notice how you feel inside (i.e. calm, relaxed, safe, etc).  
Now open your camera app on your phone or another audio app and record the story. "Imagine you are sitting on the beach. You see the waves rolling onto the shore..."