Palm Beach County YOUTH Services
Growing Brighter Futures

YOUTH ANXIETY WORKBOOK:
A Guide for Teens and their Families

Feeling anxious? You're not alone.
This workbook is your space to learn about anxiety, discover ways to cope, and find support. There's no right or wrong way to use it—just take it one step at a time.

YOUR NAME HERE:

UNDERSTANDING ANXIETY

A GUIDE FOR TEENS & THEIR FAMILIES

Anxiety is something many people feel—especially during the teenage years.

It's your body's natural response to stress or tough situations. Sometimes, anxiety can help, like when it pushes you to prepare for a test. Other times, it can be hard to handle or can get in the way.

This workbook is here to help you understand anxiety and find ways to cope. There's no pressure to be perfect—just take it one step at a time.

WHAT DOES ANXIETY LOOK LIKE?

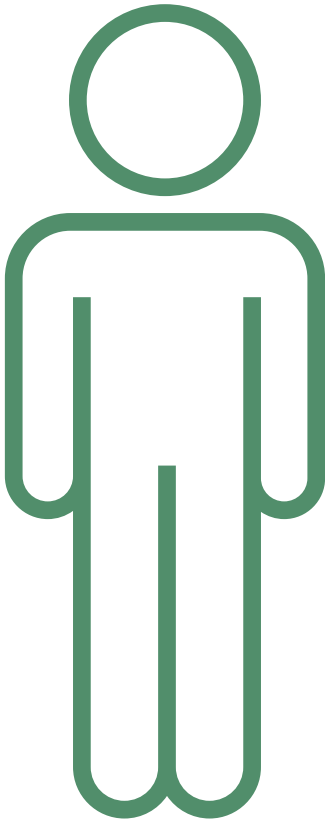
Anxiety might show up as sweaty palms, a racing heart, shaky hands, or trouble breathing. You might feel worried, nervous, or find it hard to concentrate. Sometimes, anxiety makes you want to avoid things or just feel restless.

Surprisingly, anxiety isn't always negative! It can help keep you safe, or inspire you to do your best. But when it lingers too long or feels overwhelming, it's time to find tools to manage it.

HOW ANXIETY SHOWS UP FOR ME

Everyone feels anxiety differently, and it often shows up in the body. Maybe your heart races, your stomach feels jumpy, or your hands get sweaty.

Look at the outline of the person. **Think about where you feel anxiety in your body, and use colors, words, or symbols to show those spots.** There's no right or wrong way—just notice what your body tells you.



If you're not sure where to start, ask yourself or someone else these questions:

- Where in your body do you first notice anxiety?
- What's the first sign that tells you you're starting to feel anxious?
- Does your anxiety feel different in your body when it's mild versus strong?

IDENTIFYING MY TRIGGERS

Figuring out what makes you anxious can help you deal with it better.

What usually triggers your anxiety?

Think about places, people, or situations that make you feel stressed—like crowded rooms, tests, tough conversations, or changes in your routine. Be honest with yourself as you write these down.

This list is just for you, and you may share it only if you want to.

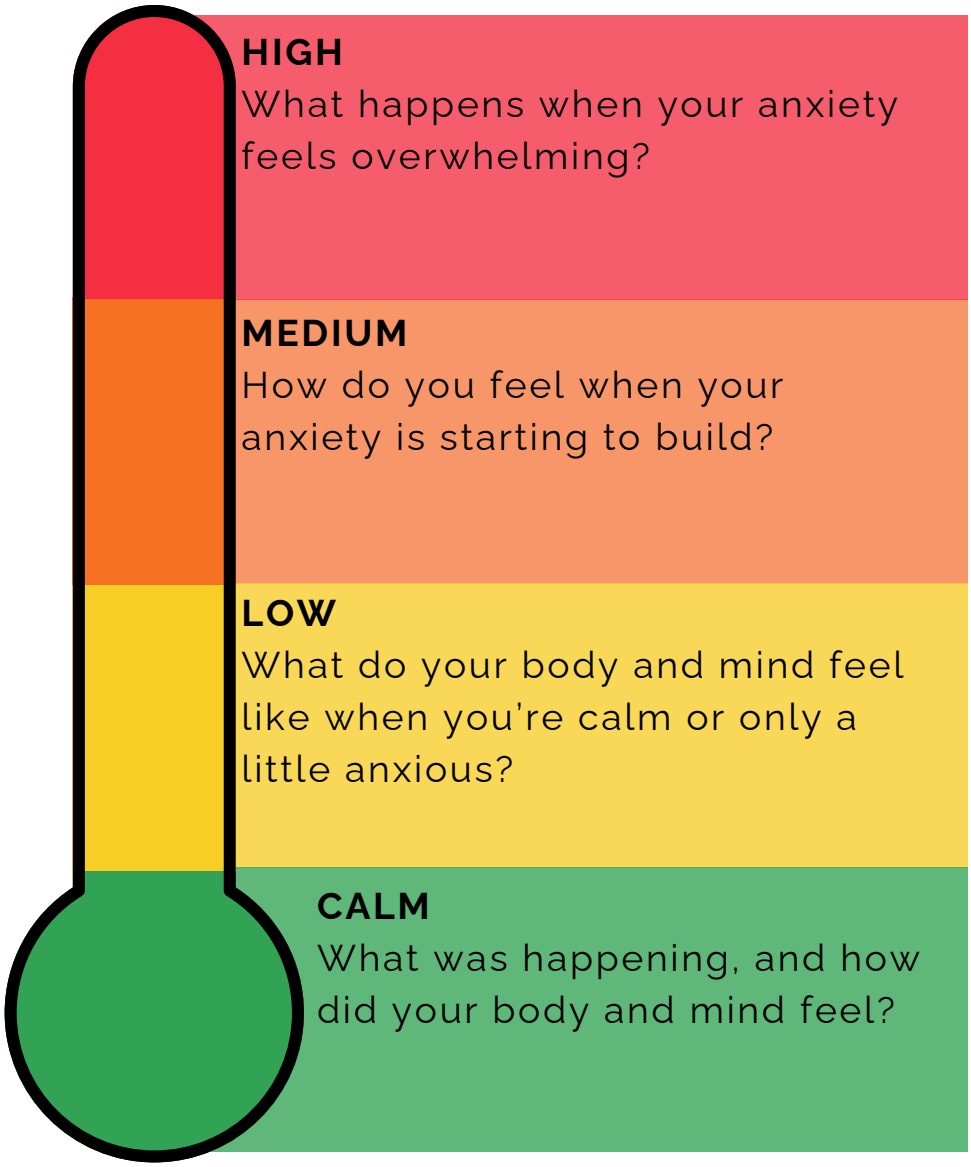
Example
Exams & Presentations

Example
Social Gatherings

UNDERSTANDING YOUR ANXIETY LEVELS

Anxiety can feel different depending on how strong it is.

Think about what you notice when your anxiety is low, medium, or high, and fill in each section below.



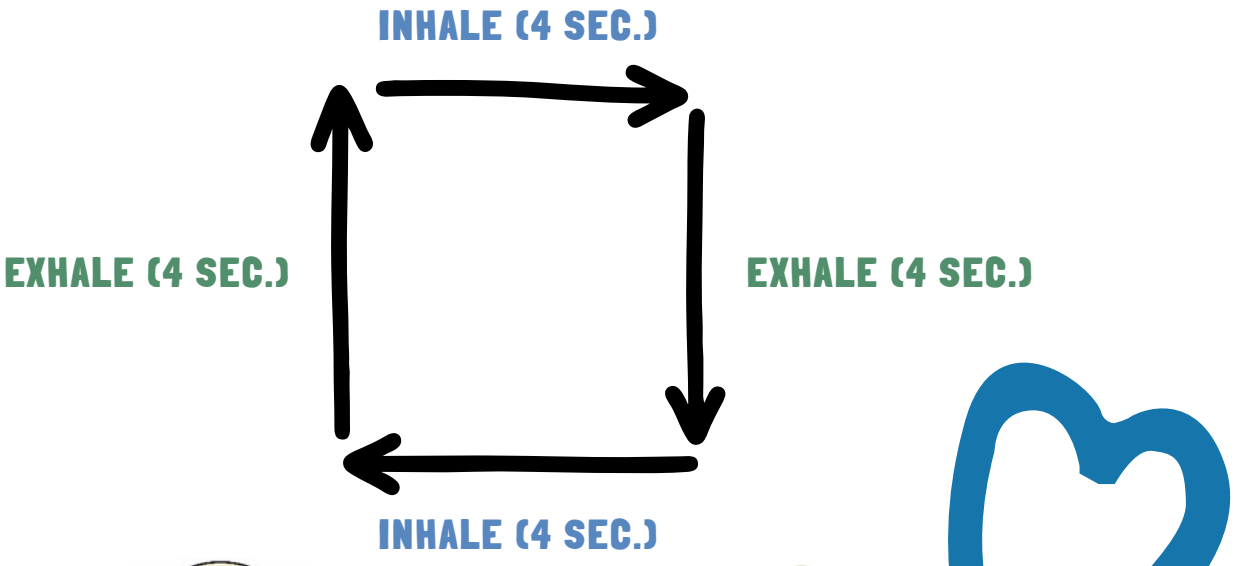
Now that you've learned how to notice and name your anxiety and its triggers, let's explore some exercises you can use when anxiety shows up. These tools can help you cope and feel more in control.

BREATHING EXERCISE: BOX BREATHING

Whenever you need to feel calmer, try this simple breathing exercise. You can do it alone or with someone you trust.

1. Sit comfortably and relax your shoulders.
2. Imagine drawing a box in your mind.
3. Inhale slowly through your nose for 4 counts as you trace one side of the box.
4. Hold your breath for 4 counts as you trace the next side.
5. Exhale slowly through your mouth for 4 counts along the third side.
6. Hold your breath for 4 counts as you finish tracing the box.
7. Repeat as many times as you need, moving at your own pace.

Tip: It takes an average of 3 to 5 minutes of focusing on your breathing to help your heartbeat settle down. Don't worry if you don't feel calm right away—just keep going and give yourself time.



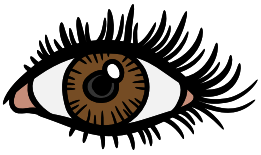
Grounding Exercise (5-4-3-2-1)

Sometimes when you feel worried or upset, it can be hard to calm down. This exercise can help you feel better by paying attention to what is around you. You can do it anywhere, anytime you want to feel a little calmer.

First, take a big, slow breath. Let's do this together:

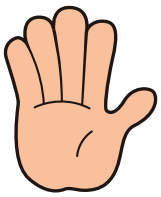
SEE:

Look around and find five things you can see.



TOUCH:

Find four things you can touch.



HEAR:

Listen for three sounds.

SMELL:

Notice two things you can smell.

TASTE:

Pay attention to one thing you can taste.

When you're done, take another slow breath. How do you feel now?

You can use this exercise any time you feel worried, nervous, or just need a break. It can help you feel more calm and safe.

Palm Beach County YOUTH Services
Growing Brighter Futures

Journaling Prompt: My Worries

Sometimes, worries—big or small—can feel overwhelming.This is your safe place to share what's troubling you. Letting out your worries can actually make them feel smaller! What's on your mind today? You could draw a picture or write a few words to express it:

Remember... It's okay to have worries. Everyone does! You're brave for sharing them, and together, we can handle anything. ❤️

Challenging Negative Thoughts

Why Try This?

Everyone has worries or negative thoughts sometimes, especially when you're feeling anxious.

My Thought Checker

What's my thought? (Write down the thought that's bothering you.)

Is this 100% true? (Ask yourself: Is this always true? What's the evidence?)

Another way to look at it? (Try to find a more balanced, helpful thought.)

Positive Self-Talk Practice

When anxiety sneaks in, your mind might not always be on your side. Practicing kind self-talk can help you remain calm, boost your confidence, and face challenges directly.

How It Works:

1. Notice when you're feeling anxious.
2. Ask yourself: Can I speak to myself in a kinder, more helpful way?
3. Transform that thought into a supportive message.

Anxious Thought	Supportive Statement
"I can't handle this."	"I can take things one step at a time."
"Everyone will judge me."	"Some people might judge, but many will understand."
"I'm going to mess up."	"It's okay to make mistakes. I can learn and grow."

Tips for Positive Self-Talk:

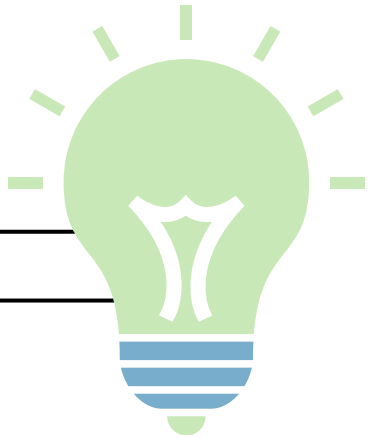
- Speak to yourself as you would to a dear friend.
- Use words that make you feel strong, safe, and hopeful.

Palm Beach County YOUTH Services
Growing Brighter Futures

Mindfulness in Everyday Life

Being present can help you feel calmer and more in control— wherever you are, whatever you're doing.

Try one of these mindfulness ideas, or create your own: • Notice how your feet feel on the floor. • Take three slow, deep breaths and pay attention to how your chest moves. • Listen for the quietest sound in the room. • Feel the texture of something in your hand (a pencil, a sleeve, a stone). • Look around and name three things you can see, two things you can hear, and one thing you can feel.



What did you do?

How did it feel?

What's one way you can be present today?

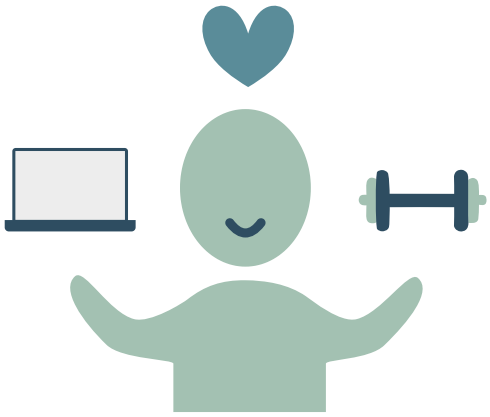
Quick Tips:

- You can practice mindfulness anytime— while walking, eating ,listening to music, or even brushing your teeth.
- If your mind wanders, that's okay. Just gently bring your focus back

Coping Toolbox: What Works for Me

We all have tough days, right? Your coping toolbox is a collection of things, people, and activities that bring you peace and comfort.

My Coping Strategies:
(What helps you right now? List at least three.)



1.
2.
3.

People Who Support Me: (Who can you talk to or reach out to?)

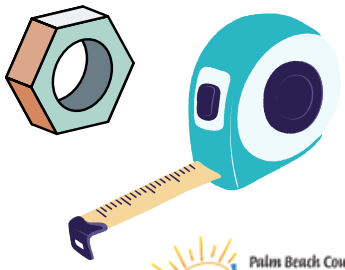
1.
2.
3.

Places or Activities That Help Me Feel Good: (Where do you feel safe? What activities lift your mood?)

1.
2.
3.

Comfort Items or Reminders: (Things that make you feel better—like a favorite song, quote, or object)

1.
2.
3.



Tips: Your toolbox is unique. Choose what works for you! Add to it anytime.

Words of Encouragement

Write your own encouragement here:

My Support Plan

When I notice I'm struggling, I will:

People I can talk to:

_____

_____

Ways I can ask for help:

_____

_____

If I still feel upset or unsafe, I will contact:

_____

_____

Remember: It's okay to ask for help. You don't have to get through tough times alone.

WHAT IS THERAPY?

Therapy is a safe space and judgment-free zone where you can talk about yourthoughts and feelings with someone who listens and helps you find ways to feel better. It's a place to learn new skills, build confidence, and get support when life feels tough.

Why is Therapy Helpful?

- A safe space to share feelings.
- Teaches tools to handle stress, anxiety, and emotions.
- Better communication with friends & family.
- More confidence in yourself
- Healing & support for tough experiences.

Breaking the Stigma!

Taking care of your mental health is just as important as taking care of your physical health. Therapy isn't just for big problems —it's for anyone who wants to grow, heal, and feel their best. Asking for help is a sign of strength!

Let's Normalize Therapy!

- It's okay to ask for help.
- You don't have to go through things alone.
- Everyone deserves support and care.

Your mental health matters. You matter. Therapy is here to help you feel heard, understood, and stronger everyday!

FREE THERAPY SERVICES IN PALM BEACH COUNTY!

In-person and telemental health services offered for ages 0-22.

SCAN ME

Education & Training Center
100 Australian Ave, Suite 210
West Palm Beach, FL 33406
(561) 233-4460

Youth and Family Counseling - North County
3188 PGA Blvd., Room 1436
West Palm Beach, FL 33410
(561) 242-5714

Highridge Family Center (Residential)
4200 N. Australian Ave
West Palm Beach, FL 33407
(561) 625-2540

Youth and Family Counseling - South County
345 S. Congress Ave
West Palm Beach, FL 33445
(561) 276-1340

Youth and Family Counseling - West County (Belle Glade)
38754 State Road 80
Belle Glade, FL 33430
(561) 992-1233

Youth and Family Counseling - Four Points
50 S. Military Trail, Suite 203
West Palm Beach, FL 33415
(561) 242-5714