

My Support Team Form

Bossing Back Anxiety Together

When anxiety strikes, you don't have to face it alone. Having a support team can help you feel stronger, calmer, and more focused on the things you care about - like having fun, learning new things, or just being yourself.

Use this form to think about who part of your anxiety support team can be. These are the people (and pets!) who help you feel safe, supported, and ready to take on challenges.

Step 1: Who's on My Team?

Think of people (and animals) in your life who care about you and would want to help when anxiety shows up. They might help you calm down, remind you of your strengths, or encourage you to do something you enjoy.

<u>Team Member's Name</u>	<u>Who they are (e.g., my sister, my teacher, my dog)</u>	<u>How they can support me</u>
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Step 2: How can I talk to my team?

Talking to someone about anxiety might feel tough, but it's a strong and brave thing to do. Here are some ways you might start the conversation:

- "Sometimes I feel really anxious. Can I talk to you when that happens?"
- "It helps me calm down when you remind me to take a breath."
- "When I get worried, I'd love if you could do something fun with me or help me refocus."
- "Can we come up with a plan for how you can help me when I'm feeling anxious?"

Step 3: My Team's Superpowers

Write down what makes your team special. This helps remind you that support is always available.

- Someone I trust to talk to: _____
- Someone who makes me laugh or feel calm: _____
- Someone who reminds me of what I'm good at: _____
- Someone who helps me do things I care about: _____

Team Action Plan: What We Can Do Together

Think of a few things your team can do with you when anxiety shows up:

- _____
- _____
- _____

****Remember:**** You don't have to go through anxiety alone. You have people (and maybe pets!) who want to help. And every time you reach out or practice using your support, you're building a stronger, healthier brain.