

# How heavy is your backpack?

Anxiety and stress can make it feel like you are carrying around a heavy backpack full of rocks. Use these worksheets to write down coping skill for each stage of how heavy your backpack is.

Be mindful of how much anxiety and stress you are carrying around and ask for help when your backpack is just too heavy.

Check out the examples of coping skills and use the blank pages to create your very own.

