

Name _____

Cool Ways to Chill: Strategies for Coping with Stress and Anxiety

Short Answer Key

1. Mindfulness is being in the present moment without judgment. It can help with stress and anxiety by focusing your attention on the current moment and reducing worries.
2. One way to create a relaxation space is to choose a quiet corner in your room and fill it with comforting things like books, music, or blankets.
3. Positive self-talk can be helpful because it boosts confidence and replaces negative thoughts with encouraging ones.
4. Time management is important for reducing stress because it helps you prioritize tasks, break them into smaller steps, and make your responsibilities feel more manageable.
5. Talking to someone you trust can help when you're feeling stressed or anxious because it allows you to share your worries, feel supported, and possibly receive helpful advice or solutions.

