

# TAKE STOCK OF YOUR OWN ANXIETY

You can print out this self-reflection exercise and ask yourself the following questions to better understand how you react to anxiety as a parent:

**WHAT STRESSFUL EVENTS HAVE I EXPERIENCED OVER THE PAST YEAR?**

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**HOW DID MY ANXIETY SHOW UP? BEFORE READING THE LIST BELOW, TRY TO WRITE DOWN THE SYMPTOMS YOU EXPERIENCE.**

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**EMOTIONAL MANIFESTATIONS**

- Fear
- Worrying
- Irritability
- Sense of powerlessness

**COGNITIVE IMPACT (ON THOUGHTS)**

- Irrational thoughts
- Catastrophic thinking

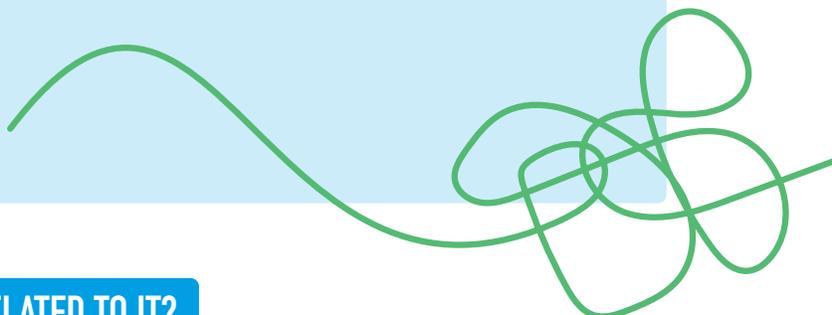


**PHYSICAL MANIFESTATIONS  
(PHYSIOLOGICAL REACTIONS)**

- Nausea, stomach aches, a lump in your throat or knot in your stomach
- Hot flashes, chills, shivering
- Suffocating sensation
- Migraine, dizziness
- Urinary or gastrointestinal symptoms (needing to go to the bathroom)
- Dietary changes (eating more or less)
- Changes in sleep habits: insomnia, nightmares
- Fatigue
- Muscle tension

**BEHAVIOURAL MANIFESTATIONS**

- Defiance
- Seeking attention
- Regression
- Hyperactivity, agitation
- Trouble concentrating
- Hypervigilance
- Escapist, avoidant behaviour (screens use, alcohol, drugs, sleep)
- Overcompensation, tendency to overdo things (overtraining, tendency to study relentlessly)
- Tics or obsessions
- Self-isolation



**WHAT MIGHT EXPLAIN MY ANXIETY OR BE RELATED TO IT?**

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**HOW DO I PERCEIVE MY ABILITIES AND, MY SELF-CONFIDENCE?**

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**WHAT CONNECTION CAN I MAKE BETWEEN MY ANXIETY AND MY TEEN'S ANXIETY?**

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