

UNDERSTANDING ANXIETY: YOUR BODYGUARD



About my
bodyguard:

What are they called?

How does my
bodyguard respond?

How does anxiety
show up in my body
and behaviours?

Power-ups:

Using the power up
tokens, what can I
teach my bodyguard
to do?

Protects me from:

What triggers them?

Create your bodyguard!

Reminders: What do I (or my bodyguard)
need to remember?

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