

ANXIETY CHART

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USED A COPING STRATEGY WHEN UPSET AND
AVOIDED AN ANXIETY OUTBURST

USED A COPING STRATEGY TO STAY ON TASK
DURING A STRESSFUL SITUATION

IDENTIFIED THE SEVERITY OF A PROBLEM AND
THE APPROPRIATE EMOTIONAL RESPONSE

RECOGNIZED MY OWN LEVEL OF ANXIETY
WITH A VISUAL SELF-RATING SCALE

REFLECTED ON AN INSTANCE WHEN I COULD
HAVE USED A COPING STRATEGY

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Lingjun Ying



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