



# Coloring Through Anxiety

Grace R.



Hi everyone,

My name is Grace! It is nice to meet you. As a teenager, like many of you, I occasionally deal with anxiety from the pressures and challenges in life. I have found that creating art aids me in working through these feelings. Art allows me to be creative and express myself and gives me a sense of self-esteem and accomplishment. Sometimes, it actually relates to something I am dealing with emotionally. Frequently, it is simply fun.

This book is a product of my Girl Scout Gold Award Project, where I am addressing the anxieties that teens face today. This book contains not only coloring pictures, but also activities and skills that can be applied to coping with anxiety. I have created this coloring activity book to help you experience the power of art in your life.

- Grace R.



## **Anxiety... And Art**

Pre-teens and teens are faced with many challenges which can lead to stress. Anxiety is a normal reaction to stress and everyone experiences occasional anxiety. It is a part of normal, everyday life. Anxiety can present itself in many ways, including excessive worry, intense fears, mood swings, irritability, sweating, nervousness, restlessness, difficulty sleeping, poor school or work performance, isolation from family and friends, and physical issues such as headaches, stomachaches or fatigue.

If, and when, you are experiencing anxiety, please talk to someone. Get help from your parents, your family, your friends, your teacher or a counselor. Take care of yourself.

There are many resources out there to help you discover ways to manage your anxiety. Some of my favorite short-term techniques include:

*Breathing* - Do a breathing exercise and draw your focus and attention to your breath

*5 Senses Coping* - Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 taste

*Thinking* - Think about something funny and, if you are able to, laugh

*Distracting* - Engage in quick body movements, cold water splash, listen to music, watch TV, read, see a friend

## **Get Creative With Art...**

Coloring and drawing allows one to freely express themselves and even explore feeling, thoughts and emotions. Even if one doesn't consider themselves creative in the traditional sense, anyone can color and draw to be creative. This art requires focus and attention to detail. It can have therapeutic value and can be healing.



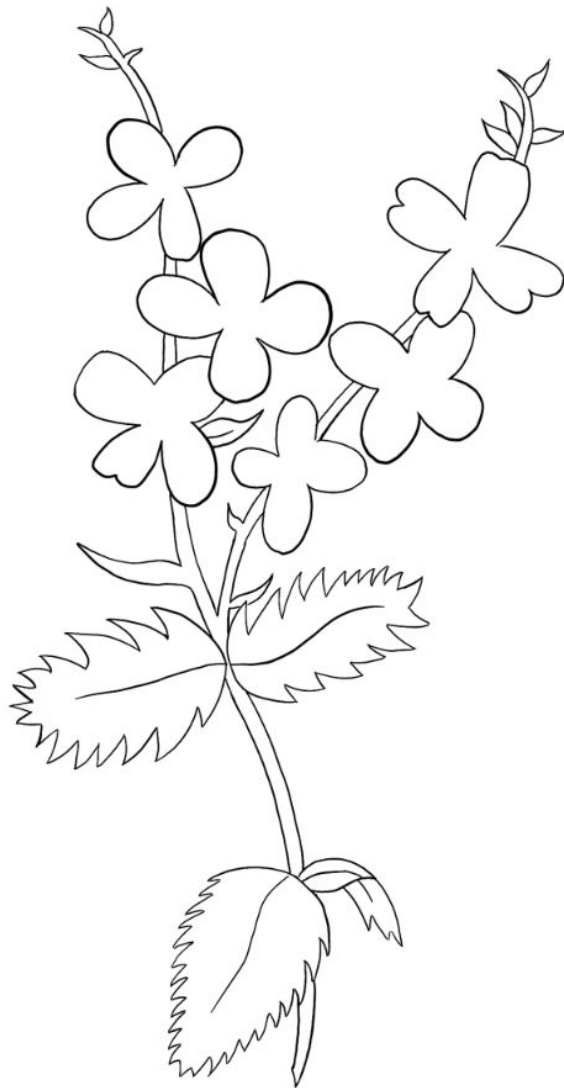
# Body Scanning

1. Lay down in a comfortable position.
2. Close your eyes and focus on your breath. Pay attention to the sensation of the air moving through your lungs.
3. Choose a part of your body to focus on as you continue to breathe deeply.
4. Pay attention to any feelings of tension or discomfort in that spot.
5. Move your focus to different locations, while continuing your deep breathing.
6. Continue scanning the rest of your body, allowing for feelings of discomfort pass.
7. Once you're ready, slowly release your focus and bring your attention back to your surroundings.

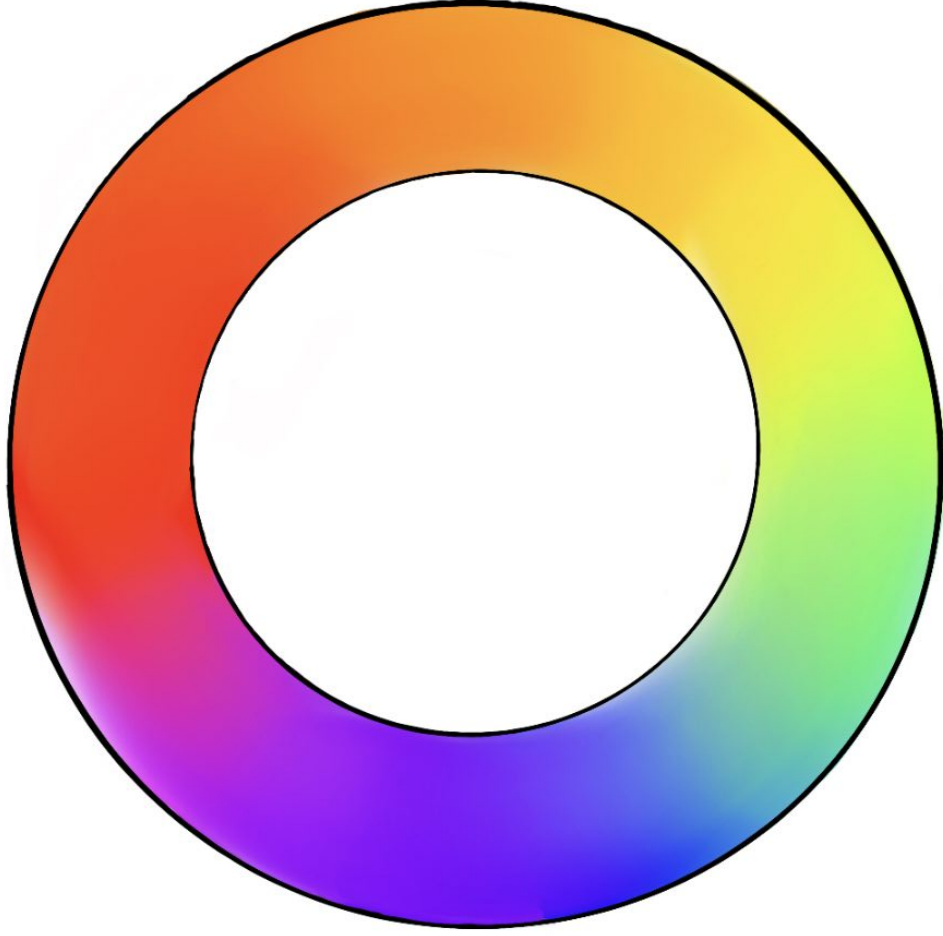
# Color in the rectangles

A worksheet with 18 empty rectangular boxes arranged in a vertical column, intended for coloring. Each box is a simple rectangle with a thin black border and no text or markings inside.

# Add to this drawing!



Recreate this color wheel in the  
empty space





# Bridge Over Troubled Waters: Practice Coping Skills

## Move Your Body

- Dance
- Jumping Jacks
- Yoga
- Brisk Walk

## Grounding Exercises

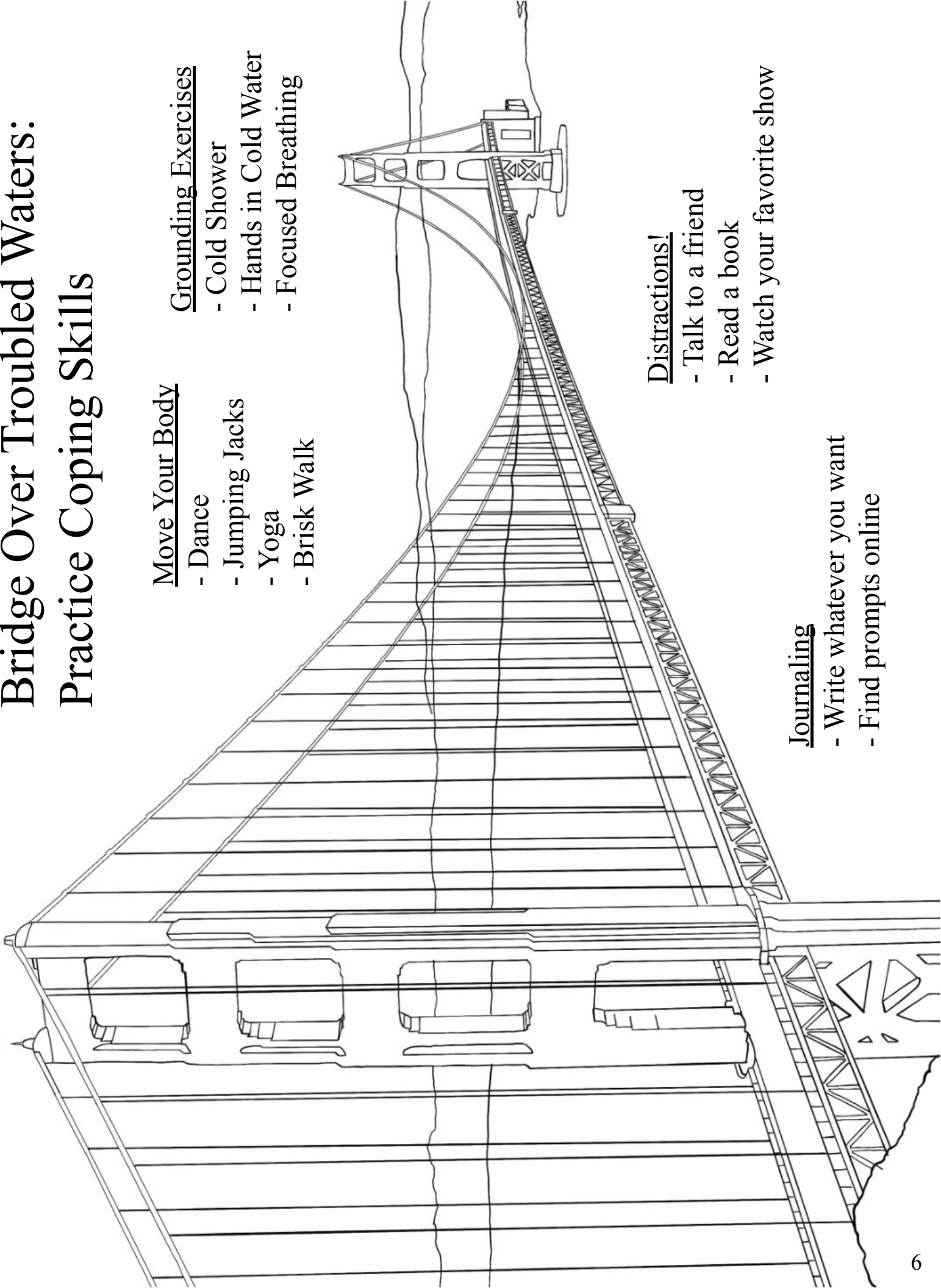
- Cold Shower
- Hands in Cold Water
- Focused Breathing

## Distractions!

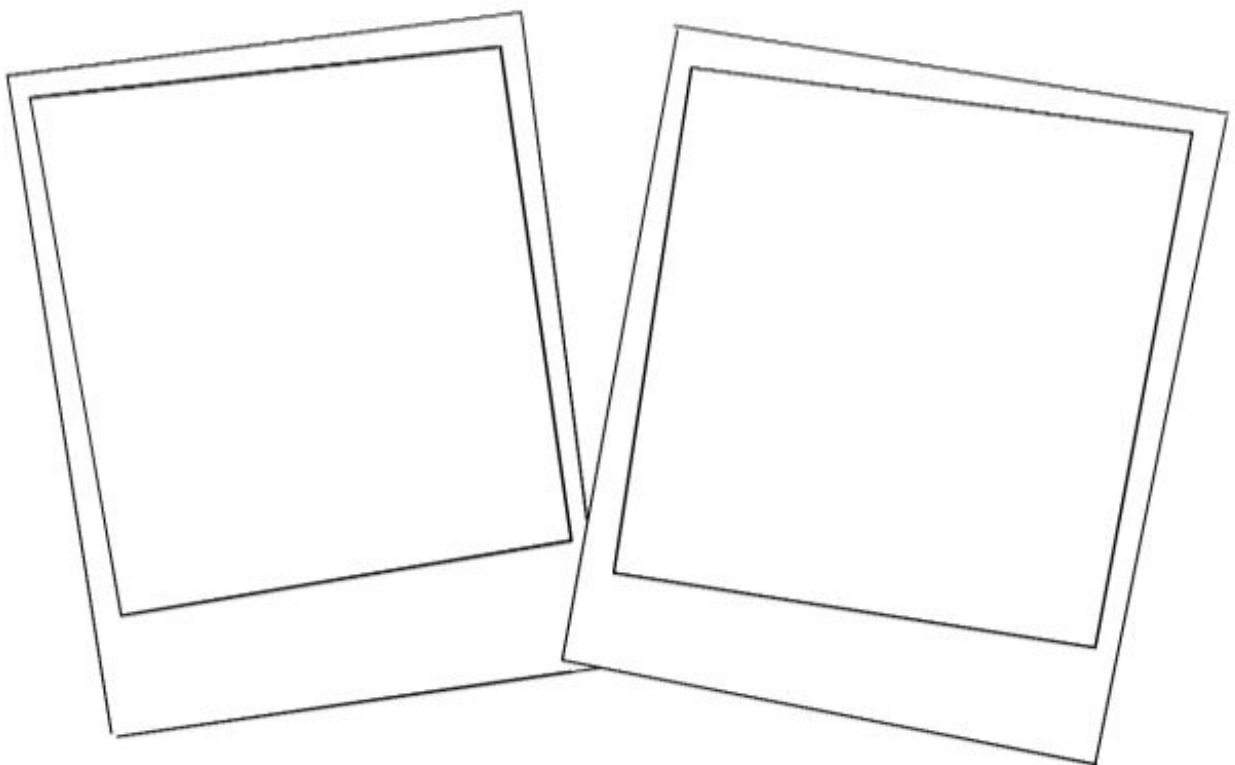
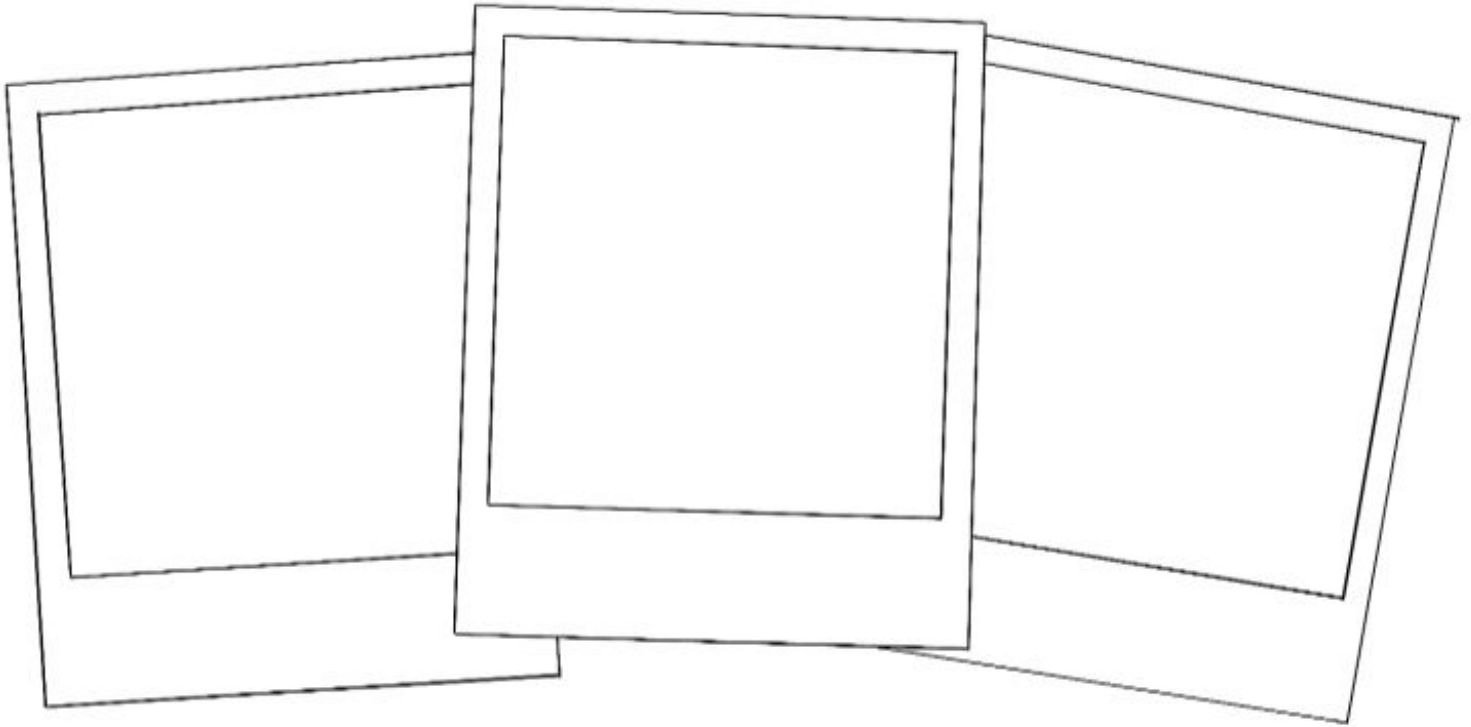
- Talk to a friend
- Read a book
- Watch your favorite show

## Journaling

- Write whatever you want
- Find prompts online



# Create your own polaroid photos



# Dragon Breathing



Dragon breathing allows for the practice of slow, deep, breathing.

Start by taking a deep breath in, filling your stomach and chest.



Hold your breath for as long as possible. When you're ready, "breath out the fire," with a long, slow exhale.

# *Bon Appetit*



Appetizers

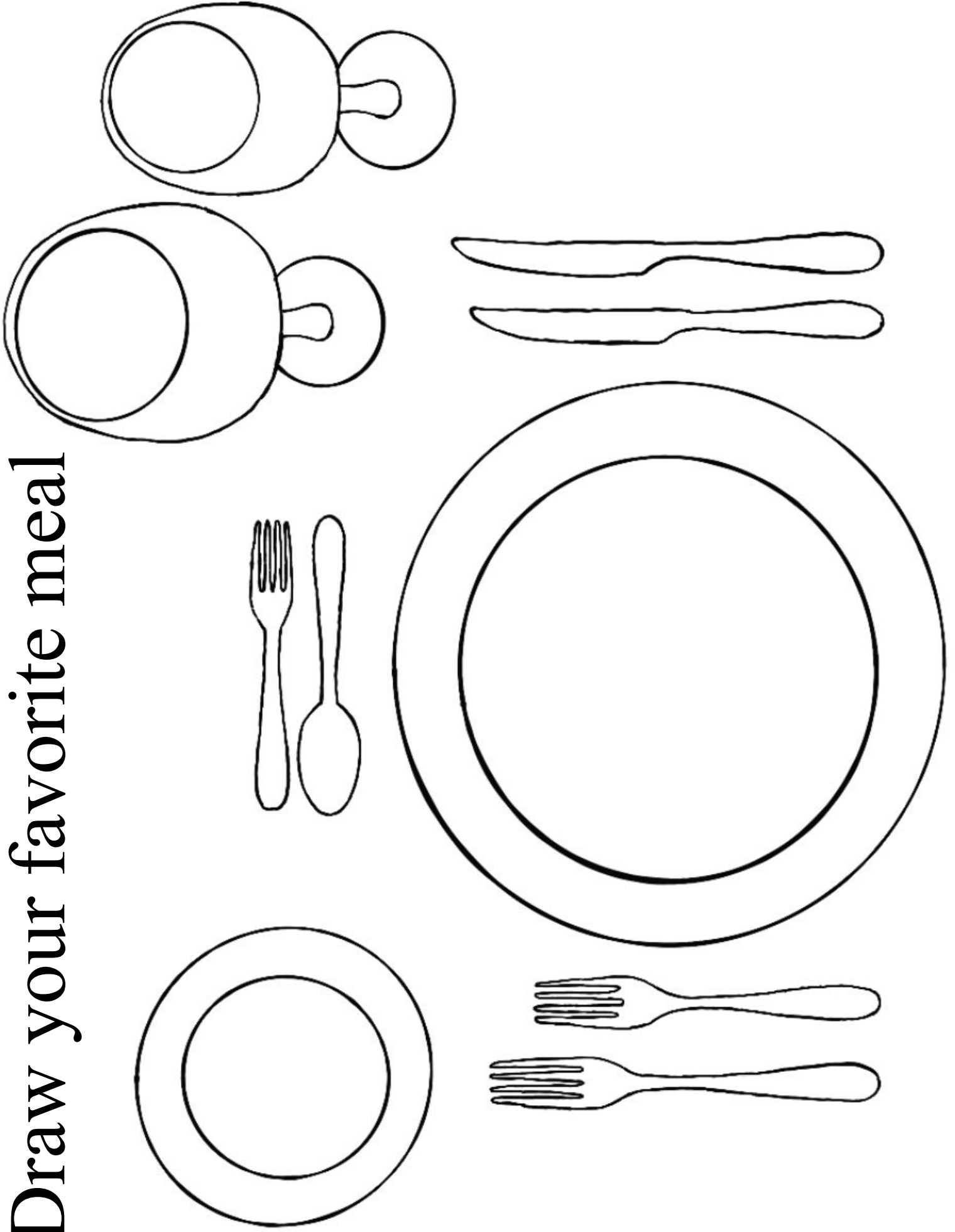
Entrees

Drinks

Desserts

Create your own  
menu!

# Draw your favorite meal





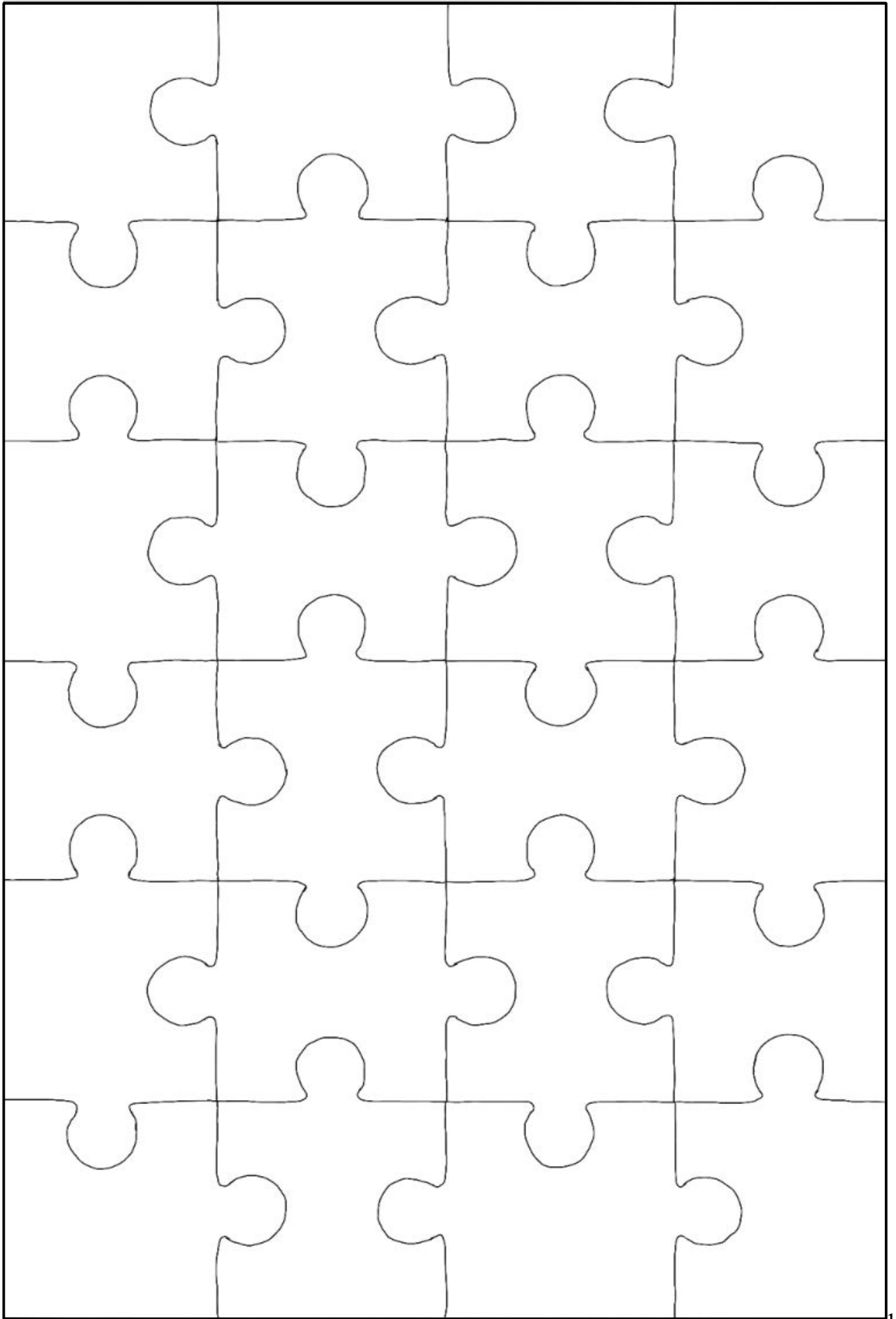
# Journal Prompts

What do I have in my life right now to be grateful for?

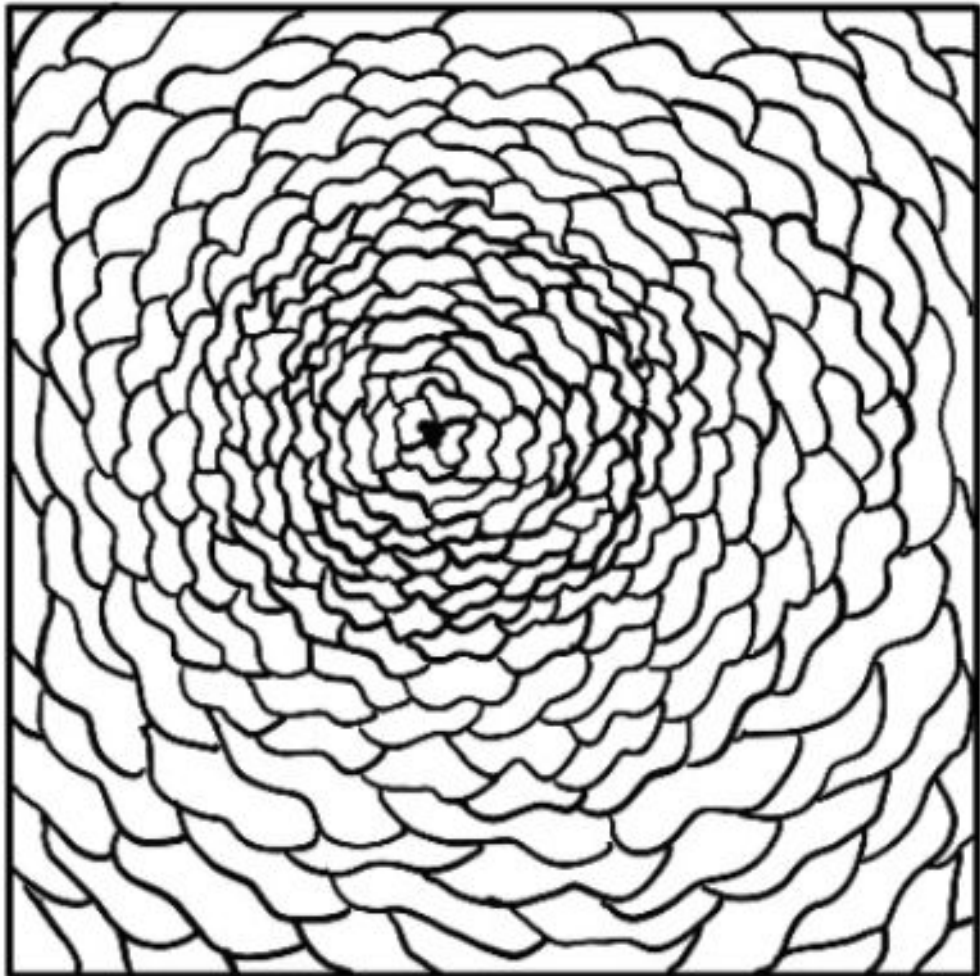
What's the most naturally beautiful place you've ever seen? Describe it.

What's your favorite tv show and why?

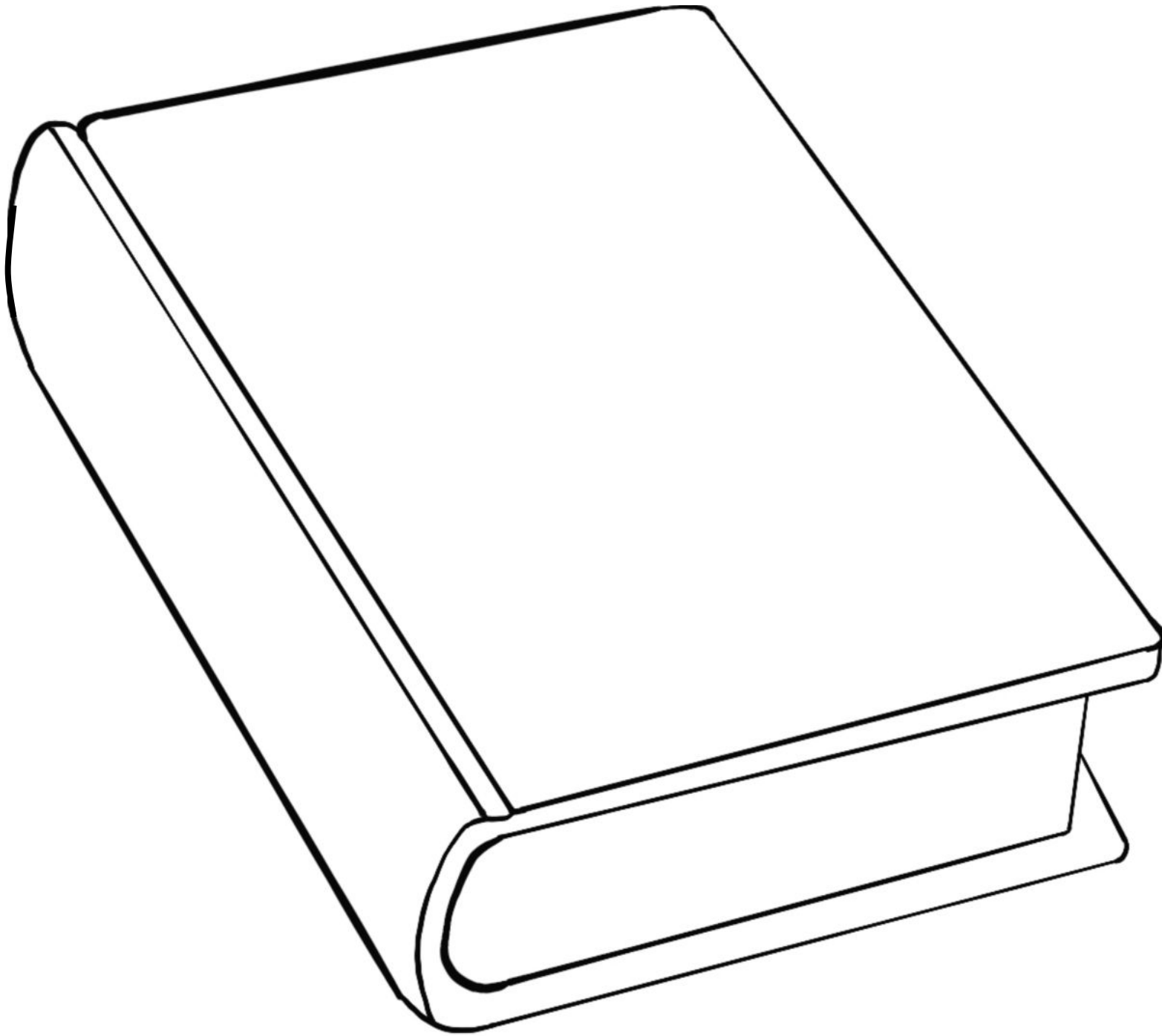
# Create your own puzzle





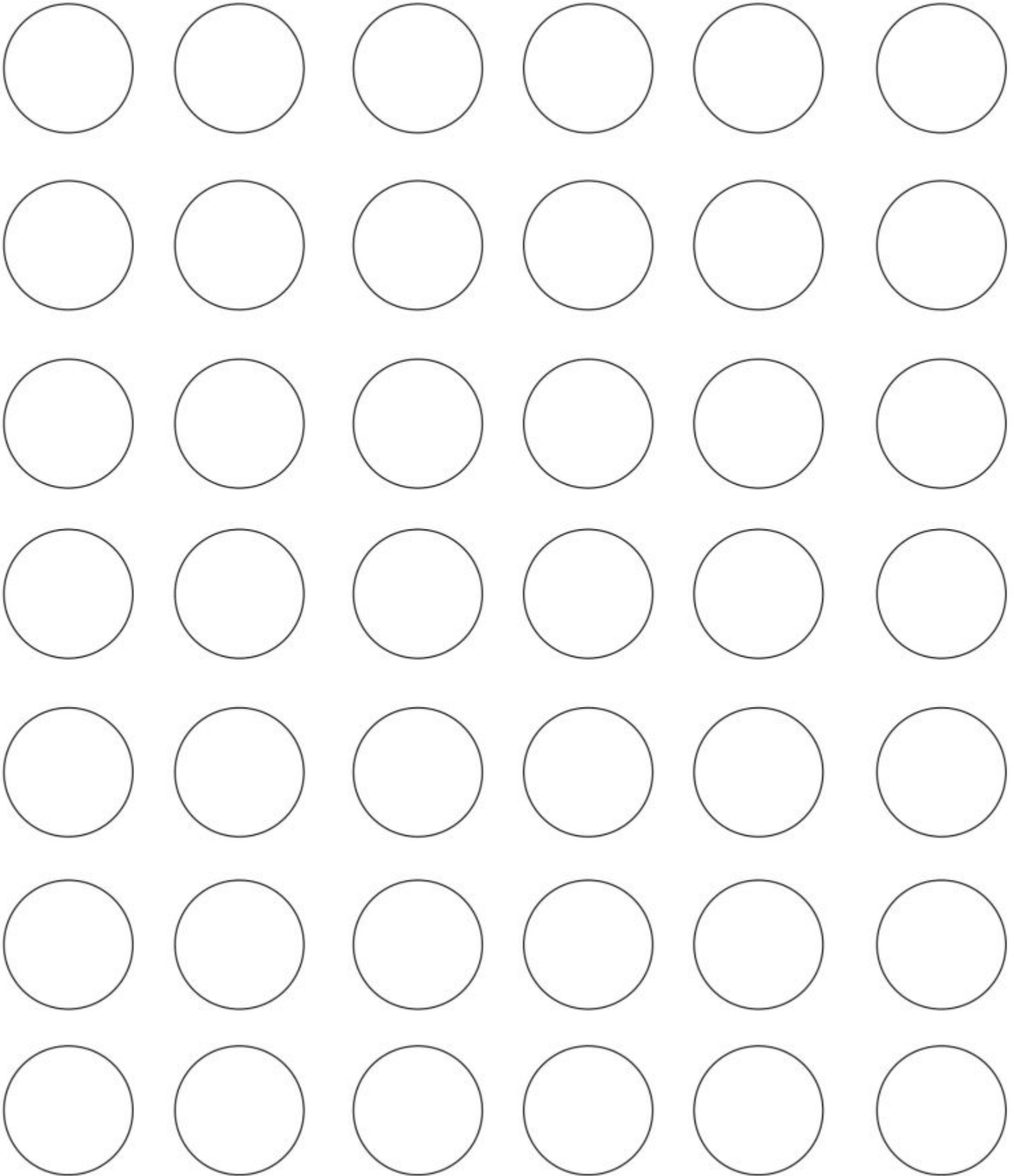


Draw your favorite book  
cover





# Fill in the circles



# Mindfulness: Single Tasking

The opposite of multitasking!

For this practice, start by focusing deeply on your breath. Breathe at your pace.

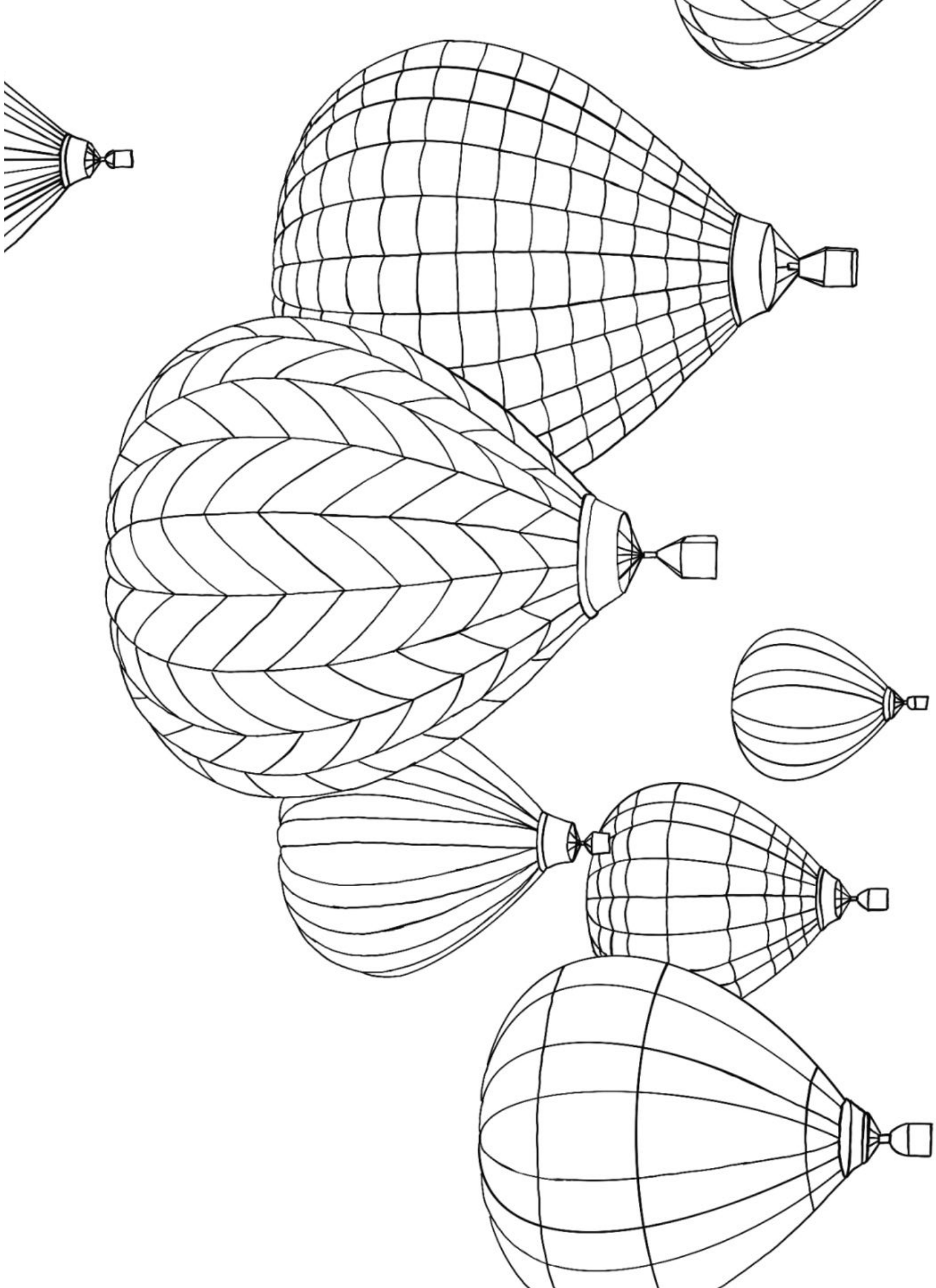
Next focus on how your body feels in your seat, or how your feet feel on the floor if you're standing.

Finally, notice your posture and the structure of your body.

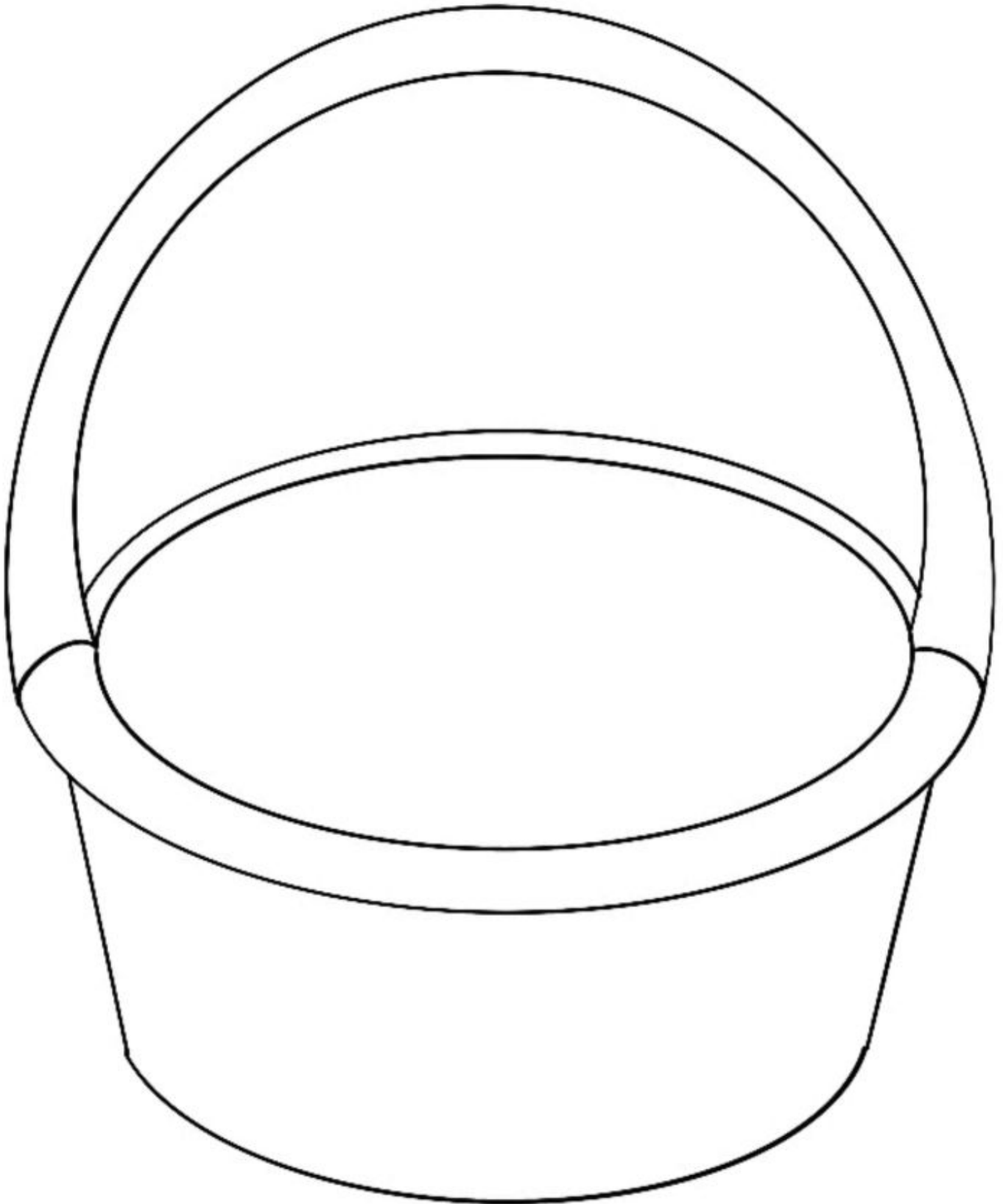
This practice can be applied to many other aspects of life. For example, when completing a series of tasks focus on one at a time, and avoid multitasking.

# Add to this drawing!





Fill the basket with eggs!



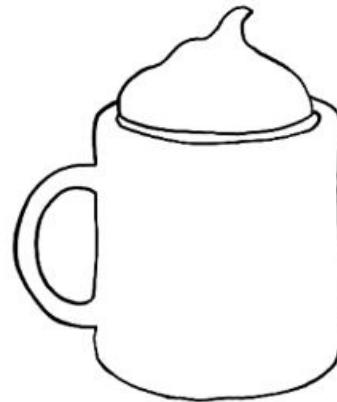
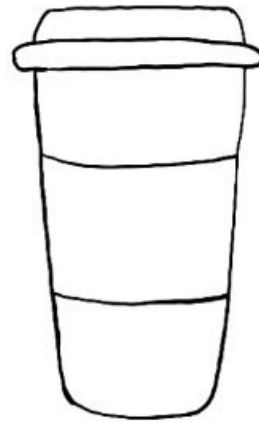


# Tracking

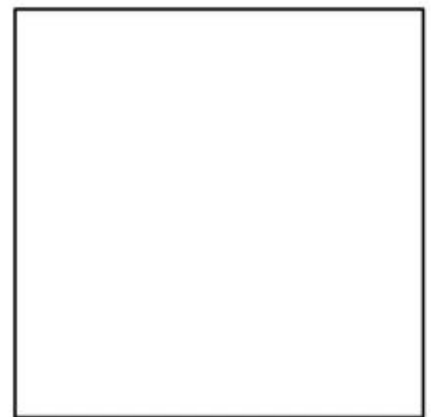
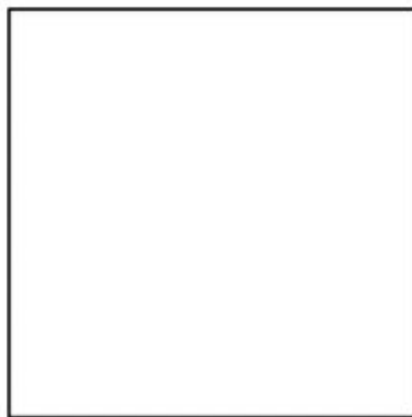
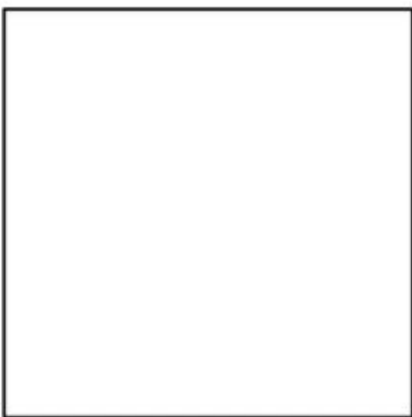
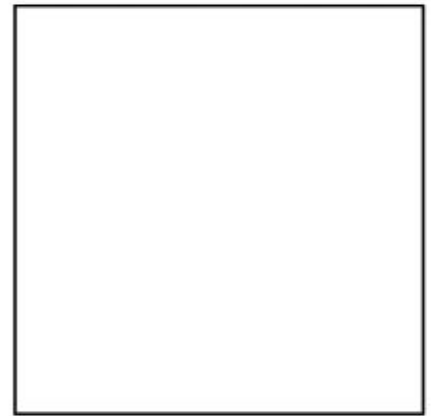
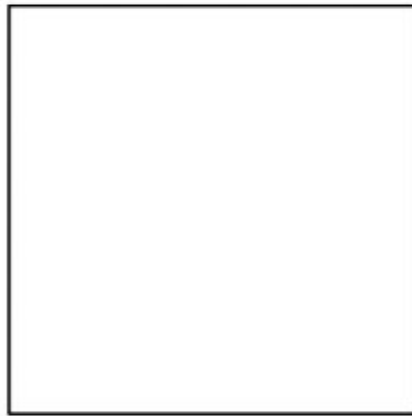
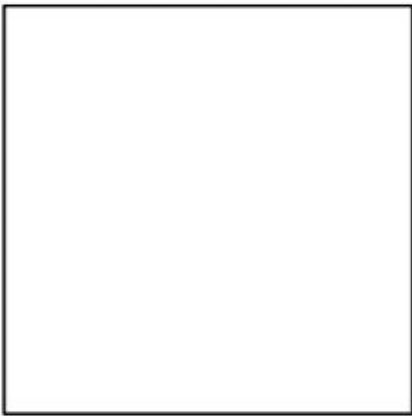
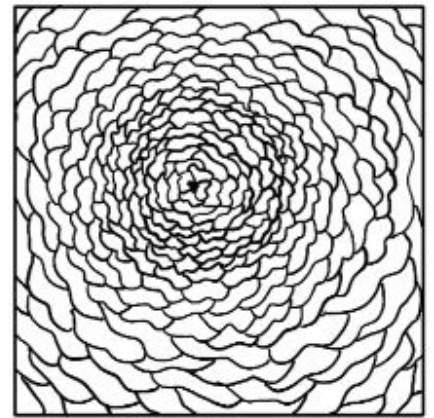
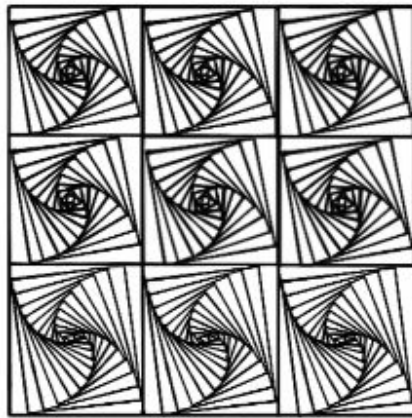
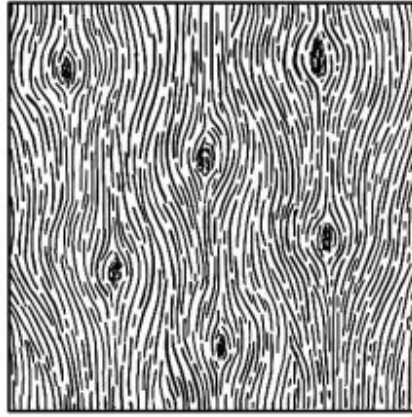
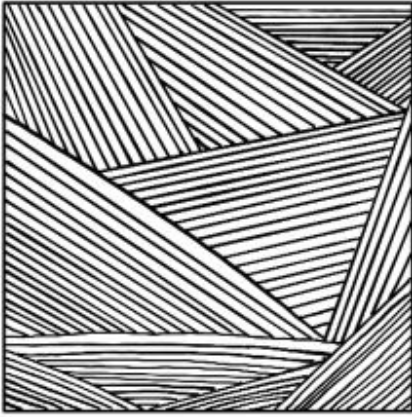
This practice allows you to focus on one thing at a time, and bring you back into focus.

1. Find a comfortable place to sit, and take a few deep breaths to relax.
2. Once you're ready, begin to slowly look around the room and allow your gaze to land on various objects.
3. When you look at each object, name it out loud.
4. Continue this practice until you feel ready to stop.

# Fill the cups with your favorite drinks



# Recreate these patterns



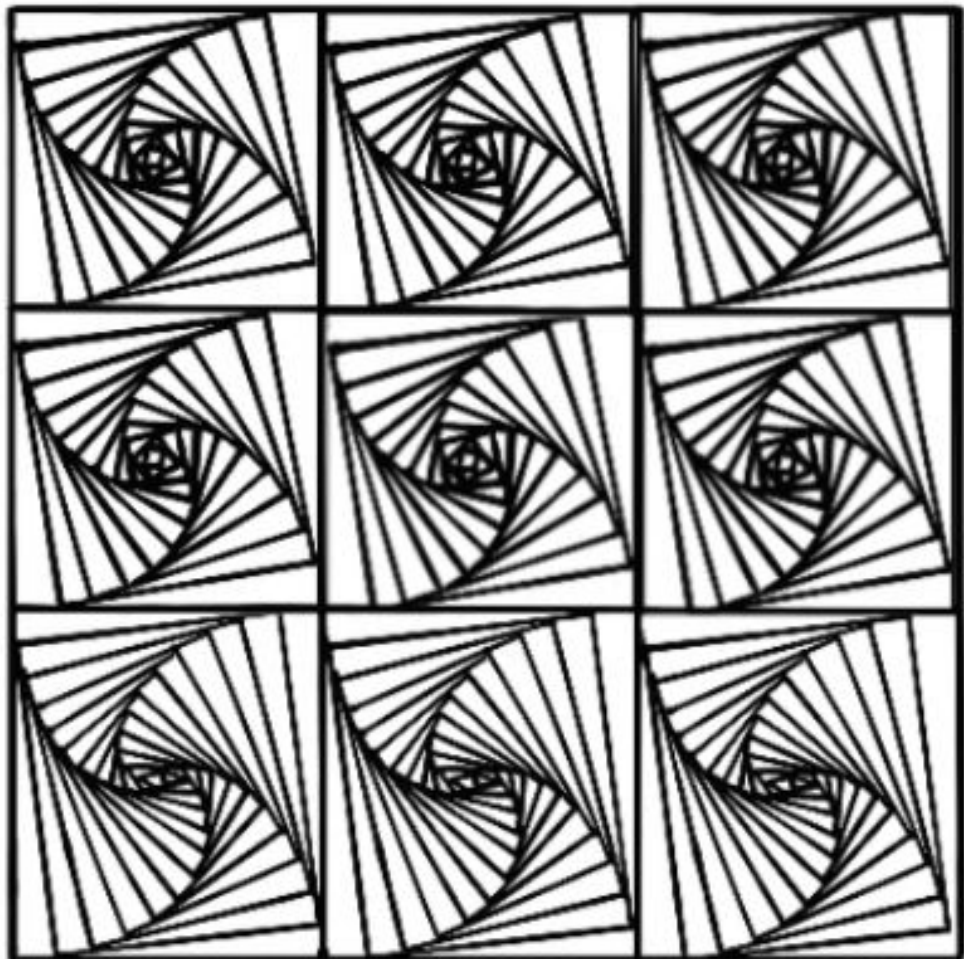
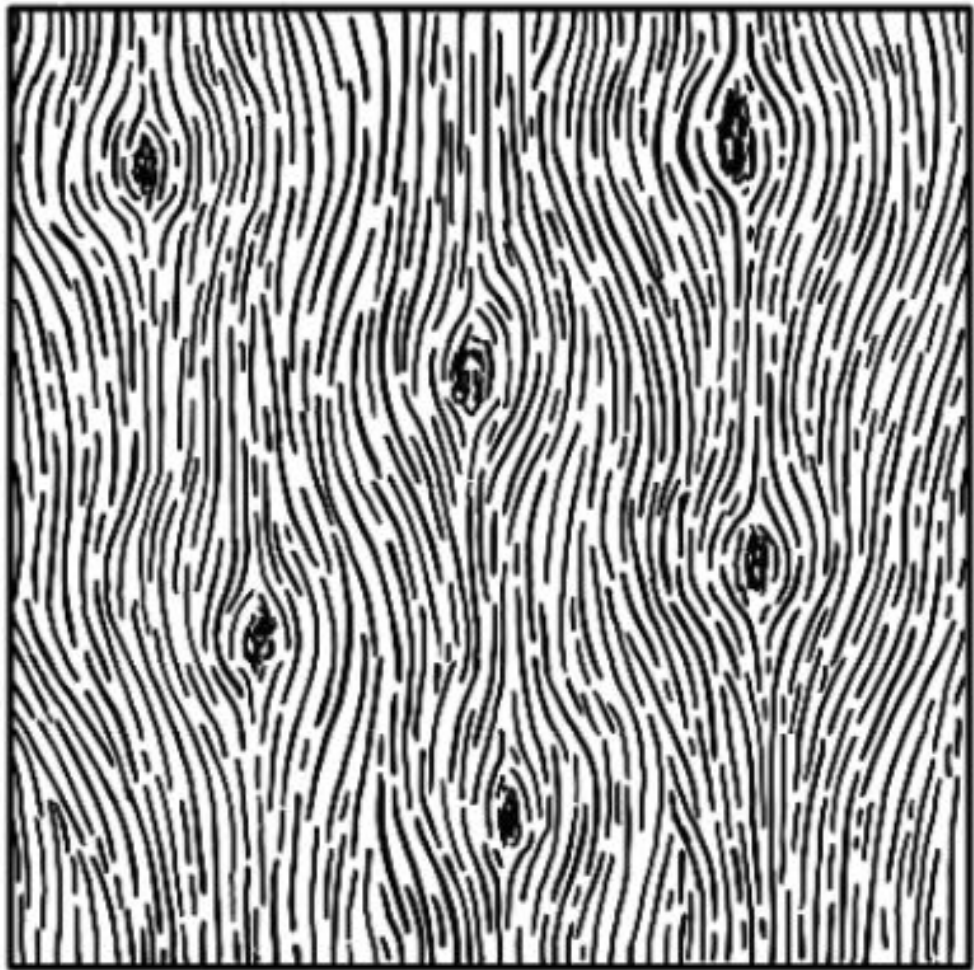
# Journal Prompts

Who is your personal hero and why?

What are ways to encourage yourself when you try something new?

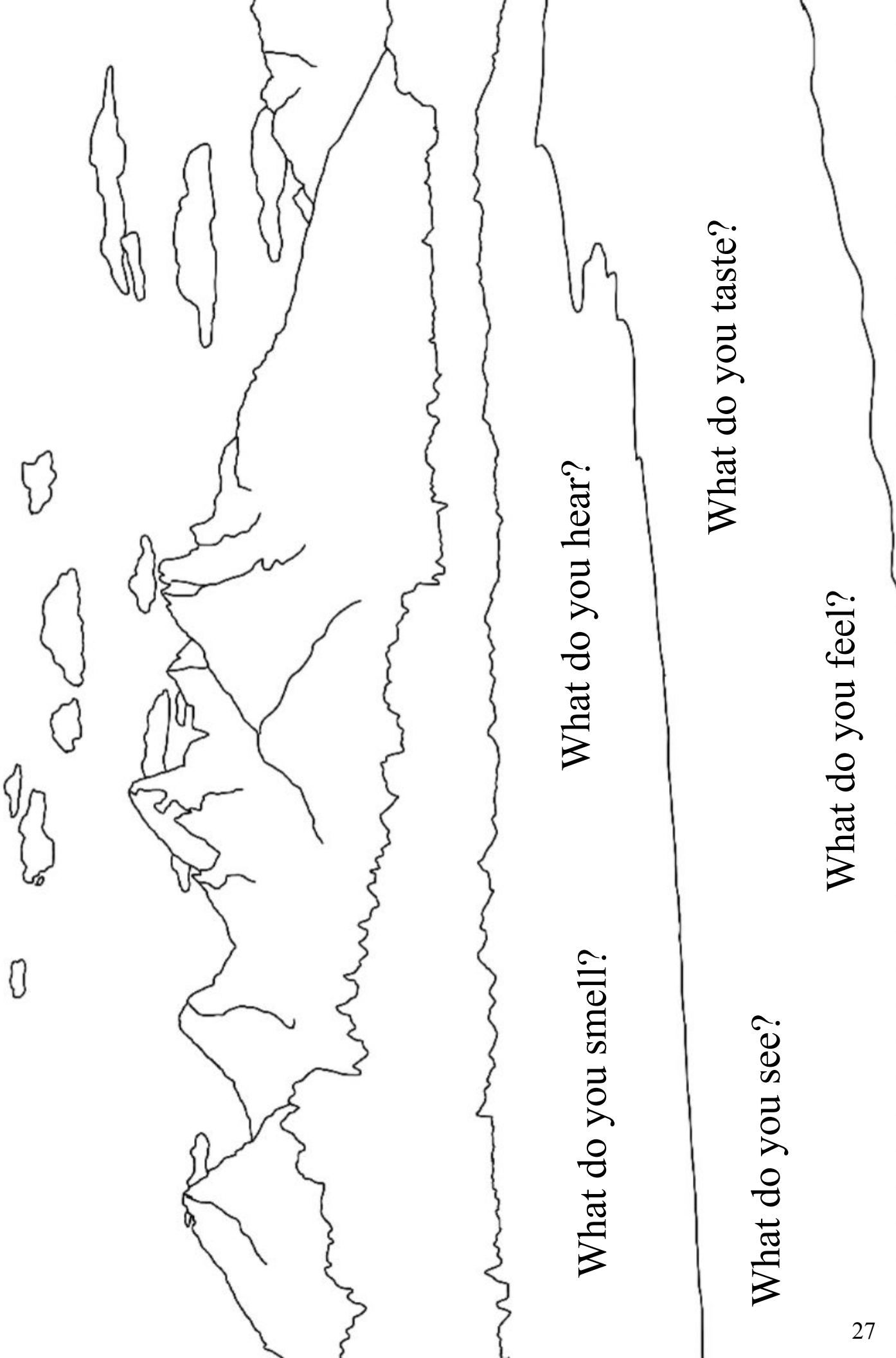
What are some choices that you can make based on your own needs?







**Use your senses!** Write your answers in any blank space



What do you smell?

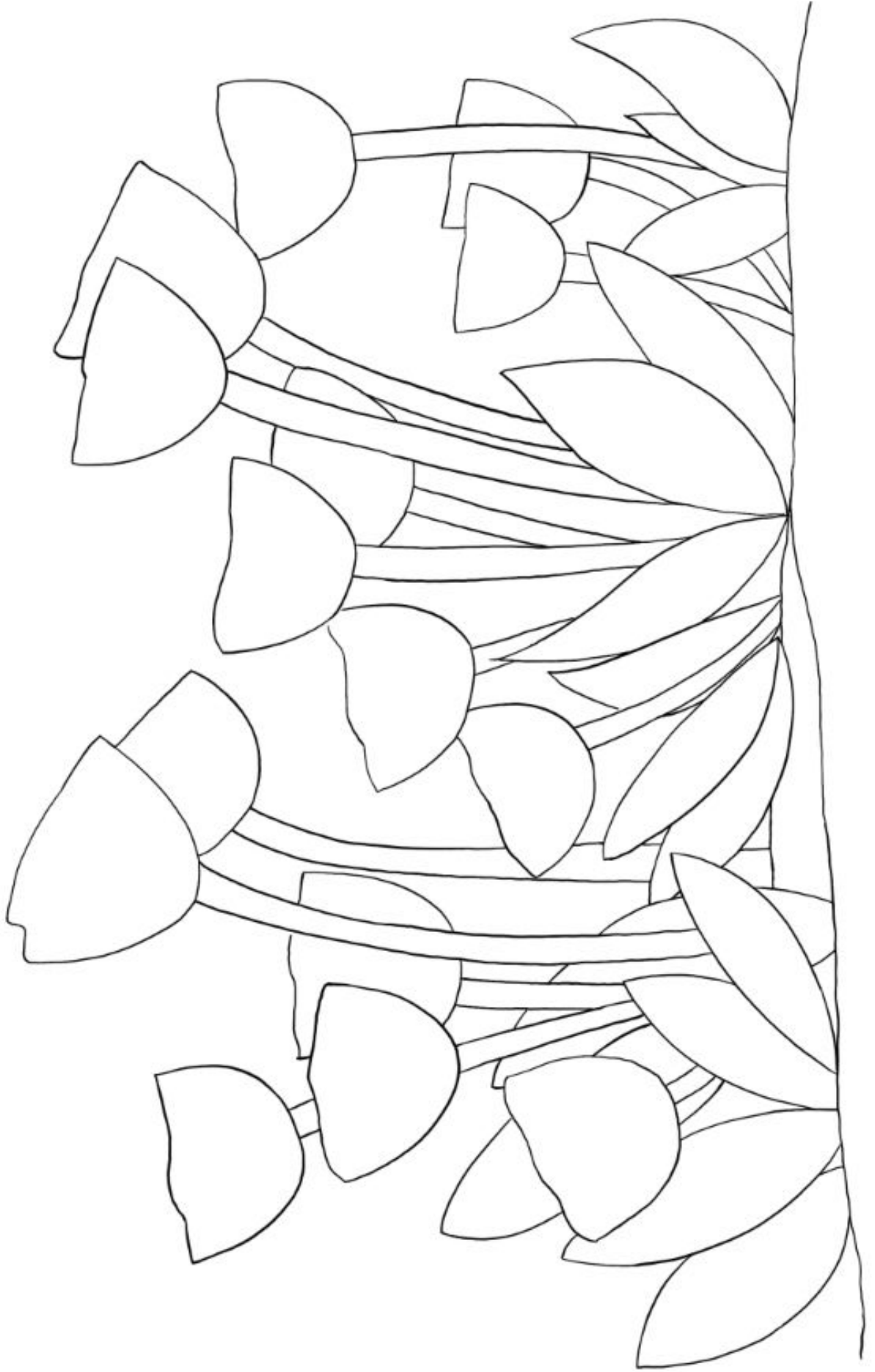
What do you hear?

What do you taste?

What do you see?

What do you feel?

Add to this drawing!

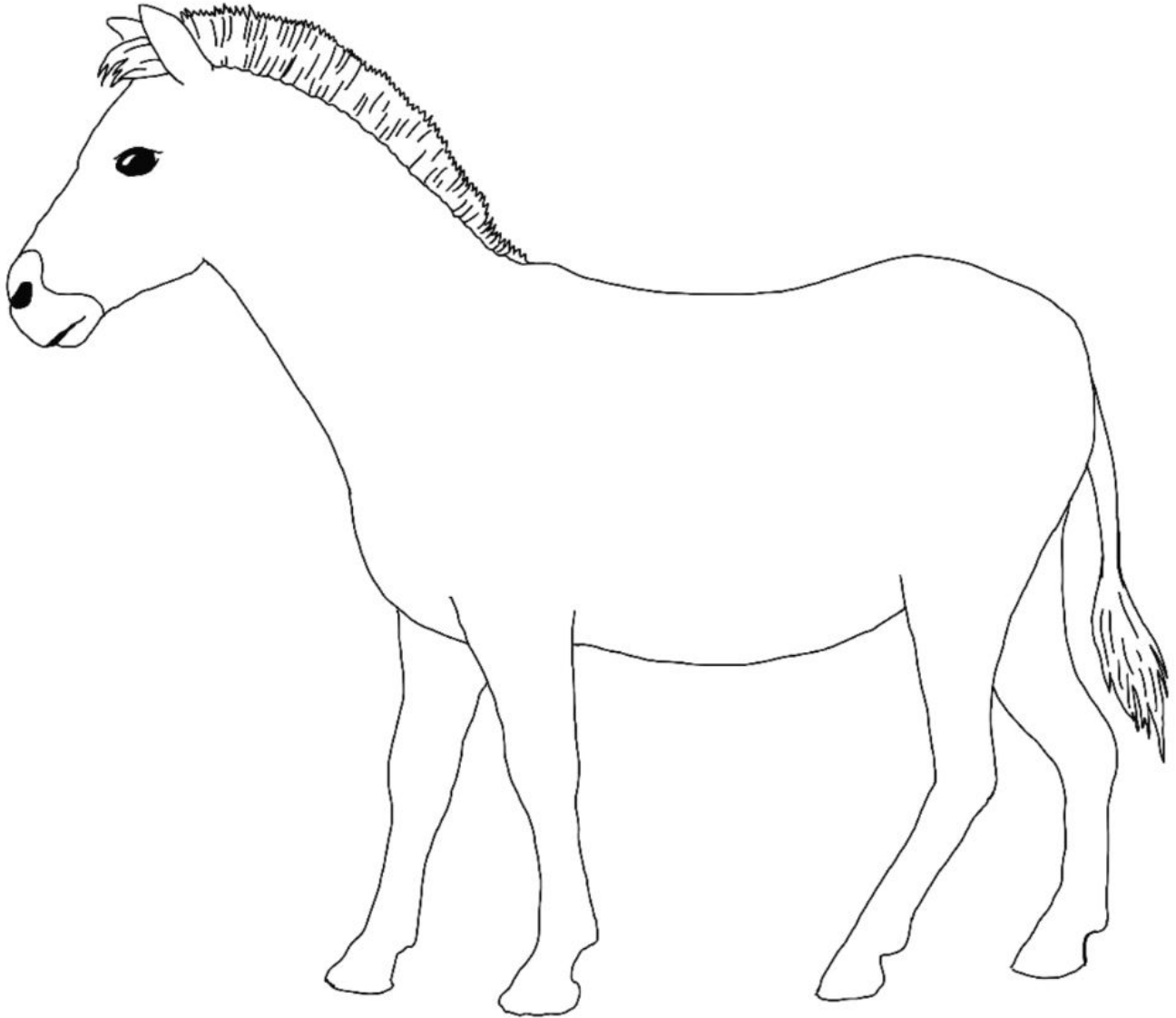




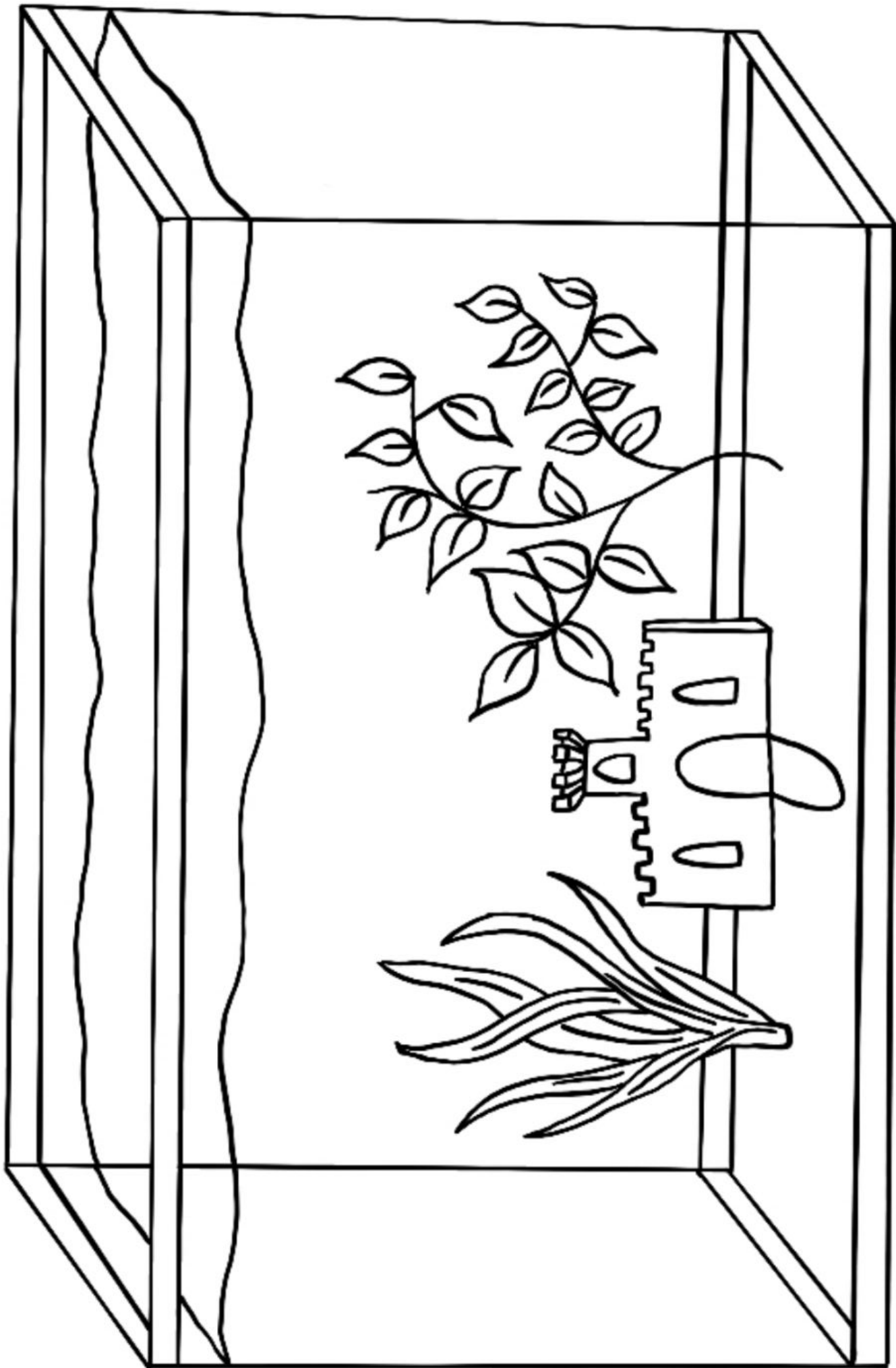




# Give this zebra his stripes!



This tank needs fish!



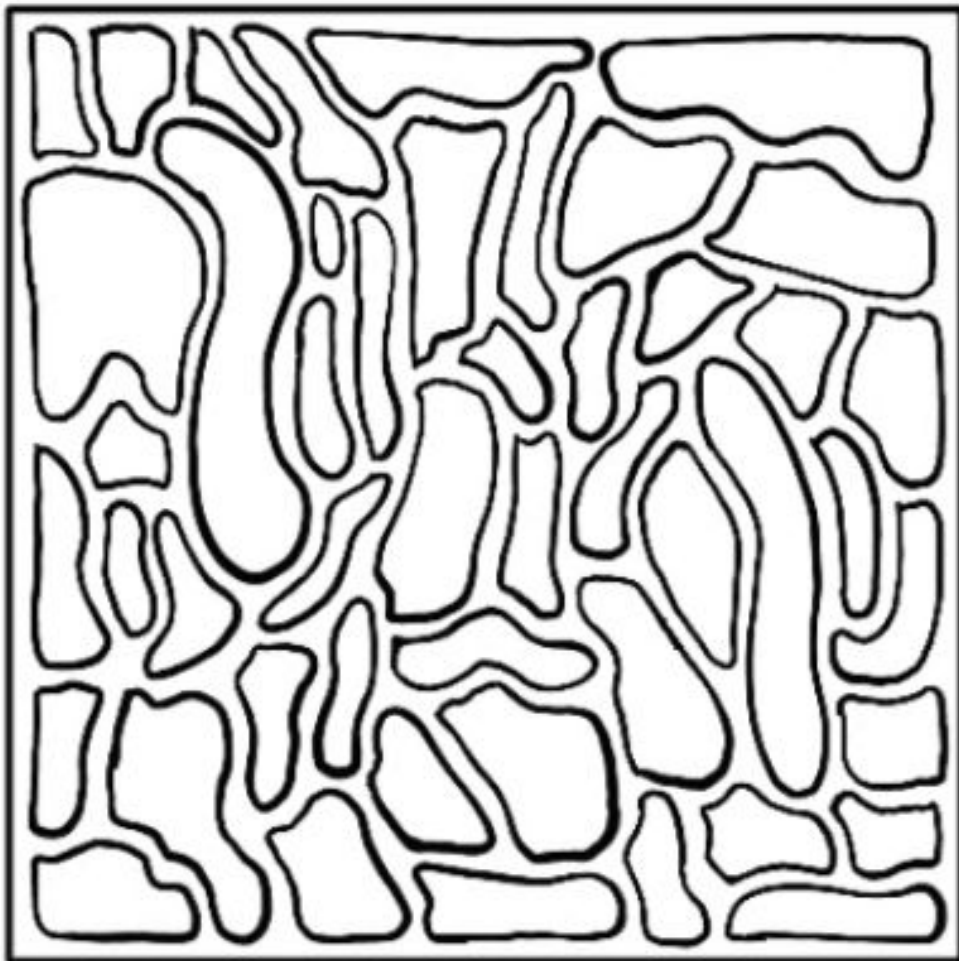
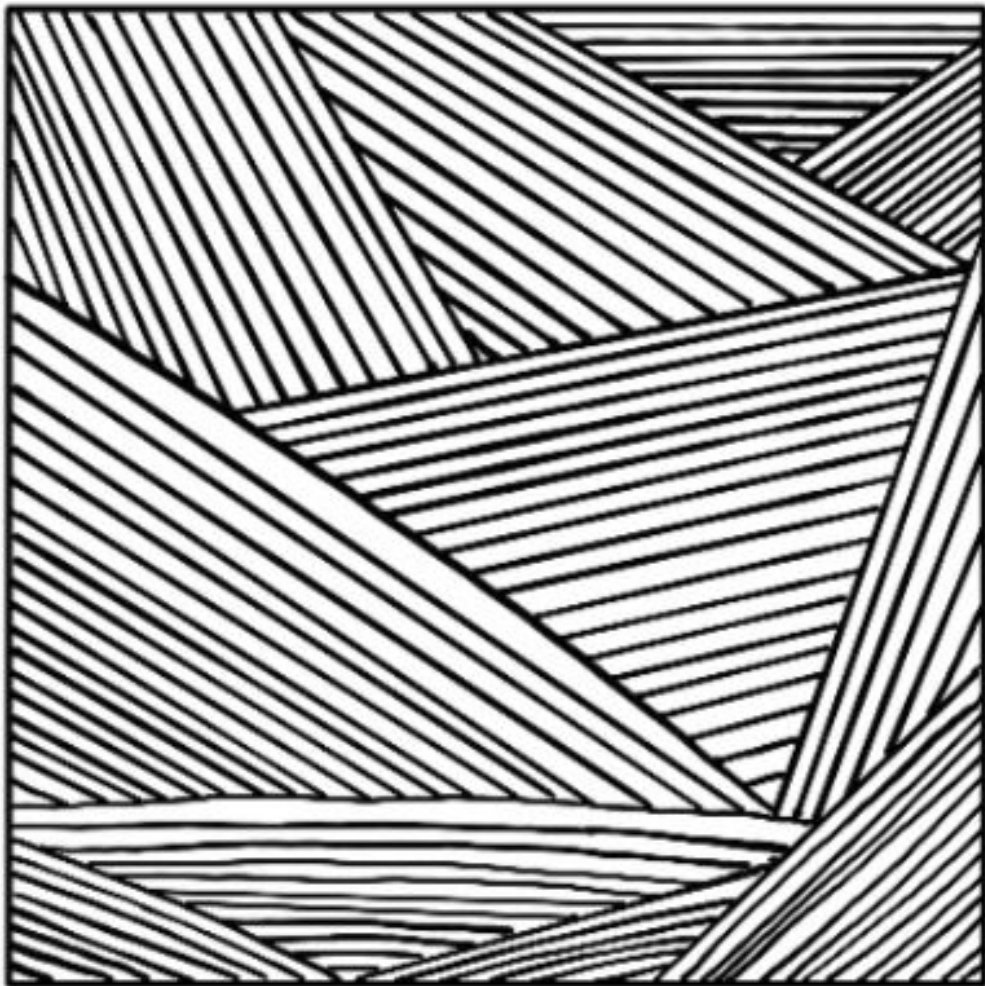
# Daisy Petals

Write examples of each petal in any empty space.



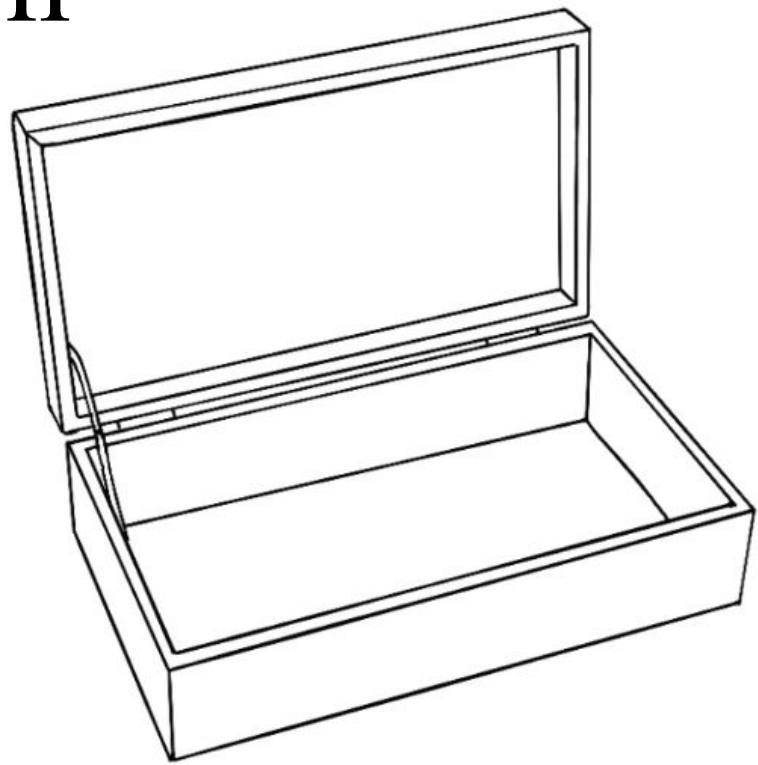




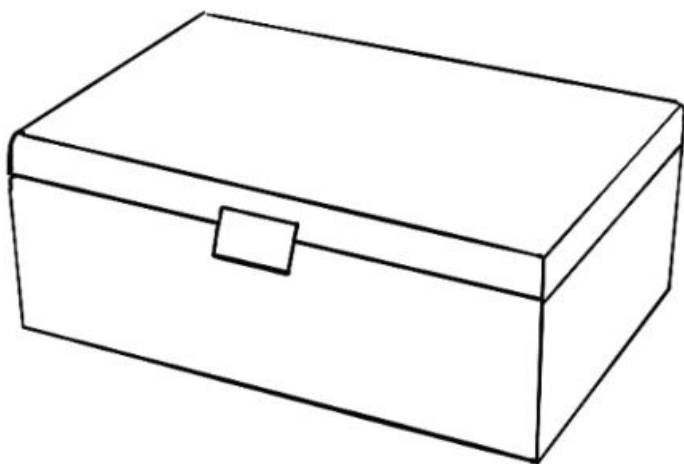
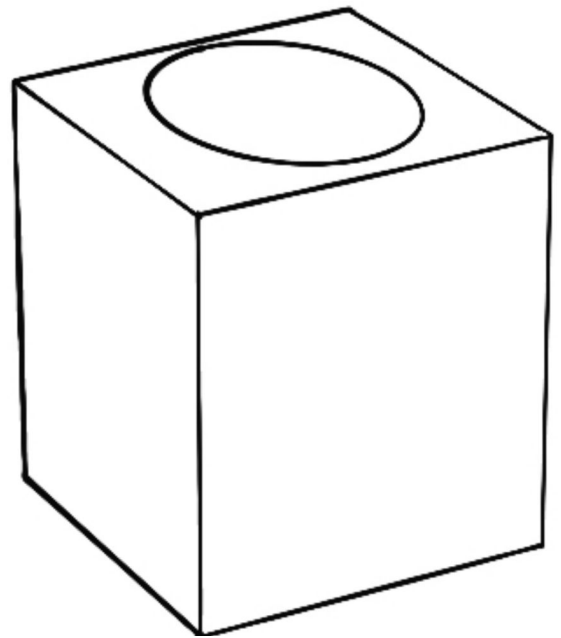


# Make Your Own Worry Box

Step 1: Decorate an empty box. This could be an empty tissue box, or anything else you can find.

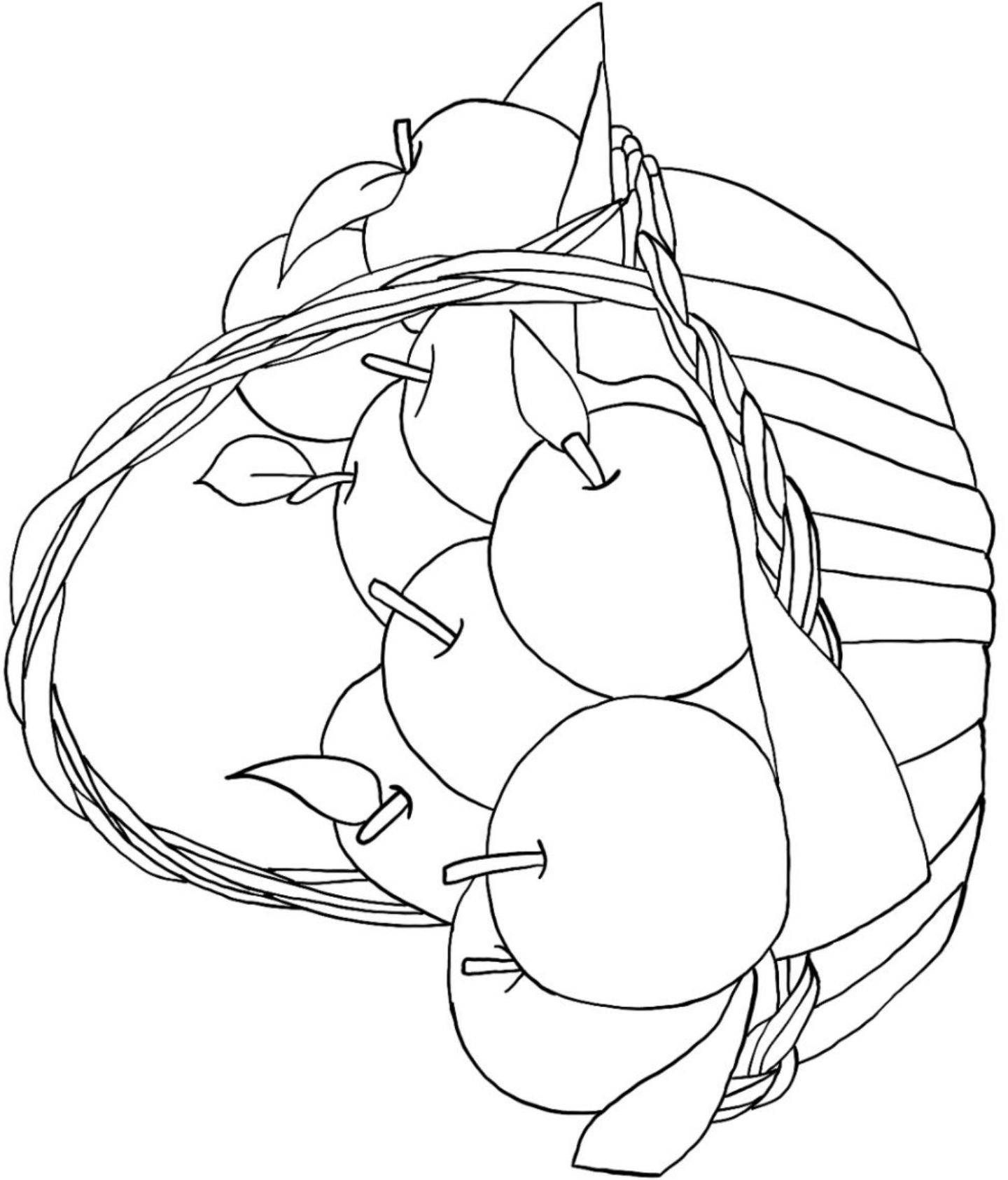


Step 2: Whenever anxiety arises, write your worries on a piece of paper, and place it in the box and close it



Now that you and your worries are separated, you can gain control over them.





# Resources

[aacap.org](http://aacap.org)

[arttherapy.org](http://arttherapy.org)

[childmind.org](http://childmind.org)

[girlscouts.org](http://girlscouts.org)

[gsmw.org](http://gsmw.org)

[mayoclinic.org](http://mayoclinic.org)

[pcsintensive.com](http://pcsintensive.com)

[positivepsychology.com](http://positivepsychology.com)

[psychcentral.com](http://psychcentral.com)

[simplepractice.com](http://simplepractice.com)