



TIME CAPSULE

1. My name is _____ and I have a type of anxiety that makes me do and think these things...

2. But I have learned tools to cope such as (write out those tools that helped the most)...

3. In the future if my worry starts to bully me, I can remember to (list out top three tools)...

4. If I need extra help I can ask these people for help (list people on my team)...

5. One thing I can say to future self will be (write something positive that might help the you in the future that might have to tackle anxiety again)....