



Great Lakes (HHS Region 5)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

## RECOGNIZING ANXIETY IN YOUTH Self-Care Action Plan

Self-care is the practice of taking action to preserve or improve one's own health. According to the Substance Abuse Mental Health Service Administration (SAMHSA), there are 8 areas that we can take action to preserve or improve our health. When working with youth, consider these 8 areas when devising strategies to cope with anxiety.

