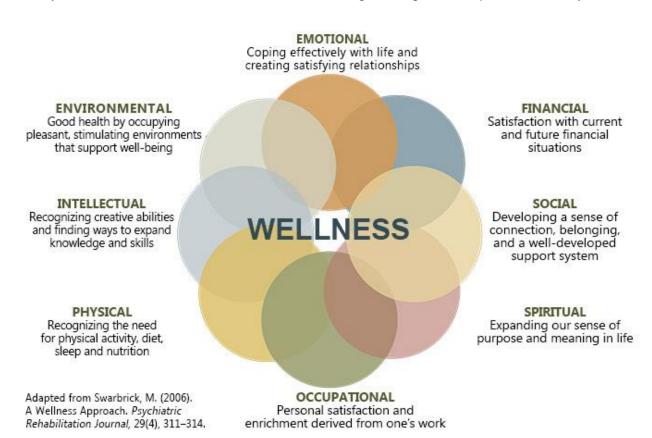


RECOGNIZING ANXIETY IN YOUTH Self-Care Action Plan

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.



www.mhttcnetwork.org/greatlakes Prepared for the Great Lakes MHTTC by Angela Begres, LCSW, Co-Founder of Partners for Healthy Lives