

WRITING PROMPTS FOR

REDUCING ANXIETY

A GOOD *place*

Imagine your anxiety is a bully who follows you around at inopportune times.

What does the bully look like? What kinds of things is he or she saying to you? What makes him or her feel stronger and what makes him or her want to back off?

Take a moment to imagine your “happy place”- any place that brings you joy and peace. Then write in detail about the place, using the 5 senses to describe the scene.