Anxiety vs Truth

When you experience anxiety, your mind might begin to race with thoughts that aren't always true. Anxious thoughts are often focused on the worst possible outcome. These can lead you to belive that things are worse than they actually are and that you are not capable of coping with it. In the thoght clouds, write a few anxious thoughts that you are experiencing, then try to challenge those thoughts by identifying what is actually true about your situation.

The Bugs Group