**Anxiety and stress action plan**

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| --- | --- | --- |
| **This makes me stressed** | **I could do this to feel better** | **These are the people who could help me** |
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*This resource has been created by Barnardo’s whilst they held the WESAIL contract 2018-2022 AND EDITED FOR USE BY Barnardo’s SENDIASS Bradford 2022.*

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| **Things that make me feel anxious or stressed** | **Things that I could do to make this feel better** | **People who could help me** |
|  |  |  |
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