

OVERCOMING FEAR & ANXIETY

WHAT YOU CAN DO WHEN YOU'RE OVERWHELMED

Fear and anxiety don't always show up as panic — sometimes they feel like pressure, overthinking, or just wanting to disappear.

This guide breaks down what those feelings can look like, and how to interrupt the cycle before it takes over.

Breaking the Fear & Anxiety Loop



Understand How Fight, Flight, or Freeze Affects You

When faced with fear or anxiety, your body instinctively reacts in one of three ways:



FIGHT!

Snapping at friends, arguing with adults, or needing to prove you're not afraid.



FLIGHT!

Skipping class, ghosting people, or zoning out to keep from dealing with things.



FREEZE!

Shutting down or simply not knowing what to do or how to explain what's going on.

Recognizing these responses is the first step to regaining control. By using simple steps above, you can regain control over feeling fear and anxiety.

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UNDERSTANDING YOUR FEAR & ANXIETY LOOP

Start Here.

This isn't about fixing everything.
It's just a space to notice what's going on
— and what might actually help next time.

WHEN FEAR OR ANXIETY SHOW UP...

*Take a moment to describe what's happening.
No judgment — just be honest.*

My body feels:

My thoughts sound like:

What I usually do when I feel fear or anxiety:

What might help next time:

*These feelings are natural and you're figuring
it out. Just take it one step at a time.*

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