

Some people have fears and things that make them feel anxious. It's important to be able to manage these feelings so they don't get in the way of everyday life. Here are a few tips to help deal with fears.

Create a Plan



Anxiety can make people want to avoid the things that make them scared or afraid. Avoiding these things doesn't help people learn ways to cope with or face their fears. Make a plan to face your fears. Start with things that are less scary, then work your way up to bigger challenges. Over time, you will learn that you are able to control these worries and face your fears.

Know Your Supports

Family members, friends, teachers, and support staff can help you create your plan. They can also cheer you on and provide help as you work through your plan.



Start Small

As you develop your plan, make sure you break it into small steps that are easier to reach. You can always push yourself to do more. It's important to have success as you work on the next step.



Use Your Calming Skills

Find ways to help you stay calm as you practice facing your fears. There are lots of different ways to help relax and stay calm when feeling anxious. Things like taking deep breaths, listening to music, writing down your thoughts, talking to a friend or family member, or watching a favorite show or movie are some examples.

Reward Yourself for Trying

You don't have to master each step on your first try. Fear is a hard thing to overcome. Give yourself a reward every time you try deal with your fear, even if it did not end the way you had hoped.

