



Who to Talk to About My Fears and Worries

When your anxiety increases in the future, use the coping skills that you've learned from LUNA, and try to make a new mission plan for this fear or worry. If you are still feeling really anxious, you should talk to an adult you trust, because they can help you! In the box below, write down the names of adults you can talk to about your fears and worries when they come up in the future.

