**Managing Fear Wellness Plan**

The Suicide Awareness and Prevention Office designed the M*anaging Fear Wellness Plan* below to provide a tool for you to use in order to increase your understanding of fear, identify sources of fear, and best practices to manage fear and uncertainty.

**My personal definition for fear.**

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**Describe what you are doing when you are managing fear well.**

*When I am managing fear well, I am…*

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**Sources of fear – Things that cause me to feel fear and uncertainty.**

1.

2.

3.

4.

5.

**What techniques or coping strategies could I use to manage fear?**

1.

2.

3.

**How are the techniques above helpful to reduce and manage fear?**

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**What are ways in which I am staying healthy, safe, and well?**

1.

2.

3.

**What other resources (family, friends, TAMU HelpLine, etc.) could I use to seek additional help and support to manage fear?**