

The Anxiety Gumball Machine

@mytbrain 2019

Step 1: Fill
your gum balls
in with things
that make you
anxious.

Try add any
symptoms on
too!

Step 2: write
coping strategies
on the coins
that are placed
at the sides. The
coins release the
anxiety
Gumball.
Make sure to
remind your self
of these each
time you use
your box!

