Anxiety Management Worksheet

Step One: Recognize
Knowledge is power. Learn to recognize thoughts and feelings related to your anxiety. What have your past patterns told you? What warning signs do you notice when your anxiety is increasing?

What are you anxiety triggers (people, places, things, scenarios)?
Example: When I’m in a crowded place.

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What types of thoughts give you the most anxiety?
Example: Nothing I do will make a difference. I’m screwed.

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What happens to your body when you’re anxious?
Example: I get dizzy and lightheaded

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Step Two: Avoid
There are some things in your control and decisions you can make to help you manage your anxiety. It is important to acknowledge these. What and who can you avoid? What environments/places can you avoid? What preventative steps can you take to manage your anxiety?

What places can you avoid that cause you anxiety?
*Example: Take the stairs instead of walking into a crowded elevator*

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What situations can you avoid being in that may cause you anxiety?
*Example: H.A.L.T. – Being hungry, angry, lonely and tired all at once.*

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What preventative measures can you take to keep your anxiety in check on a regular basis?
*Example: Follow a structured and consistent bedtime routine each night that allows me to relax my mind and body before laying down to prevent worrying thoughts keeping me up at night.*

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Step 3: Cope
Come up with some concrete strategies to reduce anxiety when you are experiencing it.

- Take deep breaths with long exhalations. Sit still and focus on relaxing your tensing body. Instead of running from the anxiety just sit with it and let it pass. Guide your mind and body through it.
- Eat something healthy if you are hungry and exhausted. Avoid caffeine and binging on sugar though.
- Tell yourself that you are ok and the anxiety will pass. Remember that feelings don’t last forever.
- Get to a safe, calm and quiet place. If the environment is overwhelming you, it is important to leave or take a break so that you can regulate your body and feelings again.
- Get moving. Walk, bike or swim. This can help burn off the excess adrenaline created in your body when anxiety increases. Sometimes the patterns of your movement can help create a sense of stability.
- Distract yourself. Do something that requires all your attention to get your mind off the anxious thoughts. Use all your senses. Involve other people, if possible, like toss a ball or play a game.
- Imagine a big stop sign that interrupts your racing thoughts.
- Repeat a positive affirmation or mantra that helps ground you and make you feel more secure.