ANXIETY WORKBOOK / BEGIN

A gentler start

You do not need perfect calm to begin.

How to use these pages

Try one page at a time. Write a few words, draw, or talk through a prompt with someone you trust. This workbook supports care; it does not diagnose anxiety or replace treatment.

What is taking up space?

Name one worry or situation you want support with. You do not need to list every worry.

What would feel useful?

Choose a small goal: get through one task, rest, ask for support, or understand a pattern.

Permission to pause

If an exercise adds distress, stop. Notice a neutral object nearby or contact someone supportive. New or severe physical symptoms need medical care, even if you also feel anxious.

ANXIETY WORKBOOK / NOTICE

Notice the pattern

Curiosity can create a little space around worry.

Anxiety can show up as thoughts, body tension, or the urge to avoid something. Start with an ordinary recent moment that feels manageable to consider.

What was happening?

Write a short description of the situation, without judging yourself.

What did I notice?

Name a thought, a body signal, and an urge. For example: “What if I fail?” / tight shoulders / cancel the plan.

What happened next?

What did you do? What helped briefly? What made the next moment harder?

ANXIETY WORKBOOK / PRACTICE

Worry or a practical problem?

You can choose an action without solving every uncertainty.

The worry in one sentence

What is your mind predicting? What facts do you know right now?

What is in my hands?

If there is a practical task, name the smallest useful step and when to do it. If there is no task now, write: “This is uncertain. I can return to my day.”

An activity to return to

Choose an everyday activity that matters to you. You can do it while some worry is present.

U.S. crisis support: call or text 988. In immediate danger, call 911.

ANXIETY WORKBOOK / EXPLORE

A reset you can choose

Comfort matters more than doing an exercise “right.”

Try an outward focus

Look around with your eyes open. Name three colors. Feel the chair or floor support you. Let your breathing stay natural. Stop if you feel worse.

What felt workable?

Did looking, listening, movement, or talking help even a little? “Not this time” is useful information too.

My portable reset

Write two simple steps you could use in another place. Keep them comfortable and brief.

After the pause

What do you need next: food, rest, information, a practical action, or a person?

U.S. crisis support: call or text 988. In immediate danger, call 911.

ANXIETY WORKBOOK / PLAN

Make room for life

Choose a small, safe step that fits your day.

Something I care about

Name a part of life worry has crowded out. Examples: friendship, school, creativity, or caring for my health.

My next manageable action

What is one realistic action? When and where will you try it? What support would help?

If avoidance keeps growing

Ask a clinician to help plan a gradual approach to feared situations. You do not have to force yourself into the hardest situation or build an exposure plan alone.

A flexible backup

If the first plan is too much today, what smaller version still counts?

ANXIETY WORKBOOK / CARRY FORWARD

Carry one thing forward

A plan can be small and still be useful.

What I learned

What helped? What would you change? You do not need to prove progress.

My support request

What would you like your care team or a trusted person to understand? Write one sentence you could share.

When to reach out

Contact your care team if worry affects sleep, school, work, relationships, or daily choices. Seek urgent medical help for severe or unfamiliar physical symptoms.

Read more from trusted sources

NIMH: Generalized Anxiety Disorder
https://www.nimh.nih.gov/health/publications/generalized-anxiety-disorder-gad

NIMH: Caring for Your Mental Health
https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health

Original reflection exercises by Grace in Healings. For immediate support, visit Our Healing Room / Crisis Support.