A PAUSE, A PRACTICE, A NEXT STEP

Generalized Anxiety

When worry follows you through the day.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

You may feel tense, restless, tired, or unable to switch off. Even ordinary choices can seem to carry a lot of risk.

01 / Notice and reflect

Which worry needs an action today?

02 / Notice and reflect

What can wait without another check?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek support when worry interferes with sleep, relationships, school, or work. New or severe physical symptoms need medical attention.

Read more: NIMH · Generalized anxiety disorder

More tools and immediate support: Our Healing Room / Crisis Support.

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