A PAUSE, A PRACTICE, A NEXT STEP

Health Anxiety

When worries about illness take over.

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

A new sensation may lead to hours of searching or imagining serious illness. Reassurance may help briefly, then another doubt appears.

01 / Notice and reflect

What does my medical plan say?

02 / Notice and reflect

Is this search giving useful information or repeating a loop?

03 / One next step

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

When to seek help: New, severe, or worsening symptoms need medical advice. Ask about mental health support when health fears take over your day.

Read more: NIH MedlinePlus · Illness 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.