



Anxiety Management Plan

Use this worksheet to manage your anxiety. Answer each question and use it to reference later as needed.

1. My anxiety symptoms include:

a. Emotional:

b. Physical:

c. Cognitive:

d. Behavioral:

2. Some unhelpful ways of thinking I experience include:

3. Triggers for my anxiety include:

4. Things that help me relax are:

5. The best time and place for me to relax is:

6. When I feel overwhelmed, these things make me feel better: