

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:

Adapted from: Plymouth State University Counseling Center. Anxiety toolbox workbook. https://campus.plymouth.edu/counseling/wp-content/uploads/sites/83/2019/08/Anxiety-Toolbox-Workbook-2019-