

# Anxiety Management Worksheet

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Take the first step today — download our anxiety management worksheet and begin your journey to rediscovering calm. This worksheet is designed to help you understand your anxiety triggers, track your anxiety levels, and practice calming techniques to regain control.

## 1. Identify Triggers

What situations or thoughts tend to trigger your anxiety? (e.g., work stress, social situations, feeling out of control) Write down the specific triggers you experience below:

Trigger 1: \_\_\_\_\_

Trigger 2: \_\_\_\_\_

Trigger 3: \_\_\_\_\_

Trigger 4: \_\_\_\_\_

## 2. Rate Your Anxiety

On a scale from 1 to 10, how intense is your anxiety right now? (1 = Low, 10 = Very High)

Anxiety level: \_\_\_\_\_ (1-10)

## 3. Practice Breathing Techniques

Take 3 deep breaths and note how you feel after.

Breath 1: \_\_\_\_\_

Breath 2: \_\_\_\_\_

Breath 3: \_\_\_\_\_

Reflection: How did you feel after practicing the breathing techniques?

## 4. Progressive Muscle Relaxation

Spend 5 minutes relaxing your muscles, starting from your toes and working your way up to your head.

Did you notice any tension in specific areas of your body? Reflect below:

Reflection: \_\_\_\_\_

## 5. Write About Your Experience

How did the exercises go? What went well, and what would you like to improve next time?

Reflection: \_\_\_\_\_