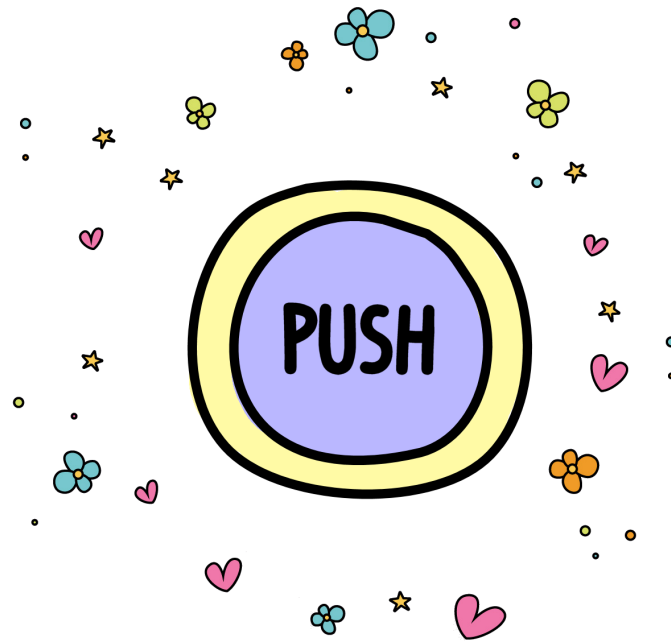


BREATHE

ANXIETY WORKBOOK

A comprehensive guide to anxiety
with tips, worksheets, and
coping skills.

From BlessingManifesting



Are you ready
to deal with your
anxiety?
(Push for yes!)

I want you to know how brave you are.

You keep getting up.

You keep fighting.

You keep breathing through it.

You are a **warrior.**

Visit the Blog: www.BlessingManifesting.com

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ABOUT ME

First, let me give you a disclaimer: I am not a doctor. I have no medical training. I'm basing everything in this workbook on my own experiences. I recommend you use this as a tool along with a doctor, therapist, or another form of treatment.

You will also find conflicting ideas and methods. That's because there is no magical formula that works for everyone. What works for me might not work for you. What works for you when you have mild anxiety might be the complete opposite of what works with severe anxiety. There is no one-size-fits-all approach to mental health. Try everything you can, even the weird stuff.

Keep the things that work for you and ditch the rest.

There are so many different tools that you can use to manage your anxiety and you'll never know about them if you don't step out of your comfort zone. I know, that's asking a lot when you're anxious, but I believe in you!

I have had **anxiety** for almost as far back as I can remember. In 6th grade, I vaguely remember my mom taking me to the doctor for the stomach ache that would occur every morning before school.

I missed a lot of school and got in trouble for it (which produced even more anxiety!). Everyone thought I was faking it because as soon as I didn't have to go to school **I was "magically" better.** My mom took me to the doctor and I remember him asking if I liked school. I think I said yes.

I did like school in an intellectual sense. I made good grades and I never got into trouble, it just completely stressed me out on every

level and I couldn't explain it. There was no concrete reason I could point to and say, "This is it, this is what bothers me." It was everything. I always had this fear of failing. Of getting detention. Being bullied. Getting bad grades. Forgetting homework. Walking down the hallway. Eating lunch in the cafeteria. I feared this big, undeniable, BAD THING that was just bound to happen.

I don't remember anyone saying the word "anxiety". I just remember that from that point on I took an antacid most mornings to help with my tummy. Treat the symptom and not the problem.

My thoughts were always on a constant repetitive loop in my head.

Worry. Worry. Worry. As a middle-schooler/high-schooler, there are A LOT of thoughts going on anyway (thanks, puberty). Anxiety is having all of those insecure thoughts on overdrive, add in a healthy dose of hormones and I was a mess.

Specifically, I had problems with sitting in the front or middle of class. It always made me anxious. I felt trapped and claustrophobic and sometimes I'd have trouble breathing. I'd obsess about telling the teacher how I felt. I'd rehearse conversations repeatedly in my head, every day, constantly, but I'd be unable to say anything because I had also thoroughly rehearsed the response – the misunderstanding, mocking, annoyance-filled, response I was bound to receive.

I had my first full-blown panic attack in 9th grade in history class. I had stress migraines in 11th and 12th grade that would end with blinding nausea and hiding in the bathroom stall feeling like death. That was my "normal".

I didn't realize how completely my anxiety had affected my life. I didn't even realize that it WAS anxiety. No one ever sat me down and explained to me that it wasn't normal to feel that way. It felt normal but I also saw that I was different.

I couldn't even think of applying for college because every time I thought about it, my brain would freeze in this wave of anxiety so I'd just avoid thinking about it. The thought of the paperwork, the possible rejection, phone calls, talking to strangers...

CHANGE... it paralyzed me on every level.

✖ Graduation
✖ Prom
✖ Friends

I didn't go to prom and I skipped my graduation. I never went out with friends. There was no dating. I purposefully alienated myself from my peers because I worried about every aspect of who I was. I always had the worst outcome about every situation perpetually on a loop in my brain. Every time I tried to be social, I had so much anxiety about it that it was never enjoyable and eventually even making the effort was too much work and not worth it.

My plan to deal with my anxiety as a young adult was AVOID, AVOID, AVOID. Don't do anything to upset The Anxiety. Hide in video games, sleep, and food. I became borderline agoraphobic and the only time I left my apartment was to go to work.

I eventually made friends. I either clung to them like I was drowning or they were the friends I had just to be polite. Neither was healthy - I either let people in and then was terrified of them leaving or I had this big wall up.

It took me a long time to realize that a) I had anxiety b) it wasn't normal to live that way and c) that my anxiety was something that I had the ability to manage. I didn't have to let it run wild over my life. There were things that I could do to lessen the control that it had over me.

Everyone is different, everyone needs something different, so I am going to share literally everything I know about anxiety and the things that have helped me cope and manage it.

YOUR ANXIETY STORY

Talk about your personal experiences with anxiety.

ANXIETY

If no one has ever had "the talk" with you, let me tell you what anxiety is and what it looks like. The most common perception of anxiety is a fear-based response that can cause a panic attack. We often think of anxiety = worry. That's all part of it but anxiety is a very multifaceted thing.

Your anxiety probably doesn't look like my anxiety.

ANXIETY

A normal reaction to stress or difficult times..

Triggered by a specific stressor.

Has a start and ending point.

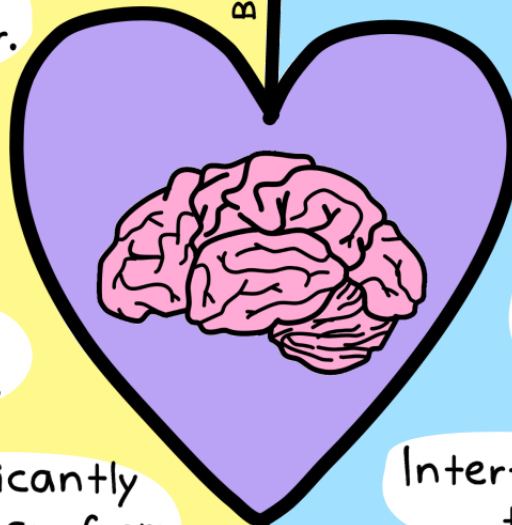
Can be helpful or motivational.

Lessens significantly or disappears away from stressful situations.

Relaxing often helps you feel better.

A response to toxic situations.

Blessing/Manifesting



ANXIETY DISORDERS

Often comes out of nowhere.

Intense or disproportionate emotional response.

Ongoing and lasts weeks or months.

Interferes with day-to-day life.

Physical symptoms like sweating, trembling, lightheadedness, racing heart.

Feels impossible to control or manage.

💜 Anxiety is feeling unable to turn off negative thoughts that repeat in a loop inside of your head like a broken record player.

For example, you have a disagreement with a friend, your anxiety kicks in and suddenly your brain is hyper-focused on the situation. It replays it in your head so that it's all you can think about for hours or days at a time. You come up with a million scenarios and convince yourself it's 100x worse than it is.

💖 Anxiety is feeling unable to breathe for no medical reason (always best to get checked out, but it's a classic anxiety symptom).

When my anxiety is severe, I often feel like I'm not able to get full breaths. At worse, it turns into a gasping panic attack.

💚 Feeling super uncomfortable about random things and feeling unable to do them. It's hard for me to make phone calls, go to doctor appointments, and travel.

In the past, it made me anxious to take out the trash and do laundry for no understandable reason.

🧡 Inability to sleep or sleeping too much.

💜 Anxiety is feeling distressed or upset when you are away from your comfort zone. This can be both places (like home) and people (your partner or children).

If leaving the house makes you feel like you're free-falling then you might be the lucky recipient of anxiety!

💖 Worrying about everything. You worry if one day you'll get cancer and be alone with no money and no one will take care of you and you start stressing out about how you will manage that. The situation feels SO REAL that you just can't stop freaking out about it and replaying scenarios in your head.

Alternatively, you worry about little things like leaving the house without locking the door and today will be the day someone robs you. Tip: If you're planning to travel and you usually stress out about those things, use your phone to take a picture of the oven off, door locked, lights off, etc. Reassurance for the win!

♥ The thought of going out and being social makes you want to turn in the opposite direction and run. Even if you like the people you still feel overwhelmed and panic-y. This is social anxiety.

♥ You replay inconsequential things in your head that shouldn't still bother you but in spite of yourself, you are *still* bothered. You think about how you said or did the wrong thing 10 years ago and then you spend hours playing scenarios in your head about how it could've been different or how embarrassed you *still* are.

♥ You run into people, places, or things that physically make your stomach upset. You get flushed, feeling all of the blood rush to your face, or you feel sweaty, dizzy, faint, and weak. Feeling like you're losing your mind or going crazy.

♥ Things occur in your life and you feel a rush of adrenaline that makes you feel like your heart is pounding out of your chest. It's similar to that feeling you get when you've been in a car accident or had a near miss but for you, it happens over less extreme, every day, things.

@Blessing
Manifesting **TEENANXIETY**
#MentalHealthAwarenessMonth

1 STATS
Anxiety disorders affect **25.1%** of children between **13 and 18 years** old.

3 TREATMENT
Therapy
Open **dialogue**
Journaling
Meditation

2 SYMPTOMS
Upset stomach
Avoiding school
Constant worry/stress
Hyperfocused on **"perfection"**
Migraines/headaches
Emotional outbursts
Avoiding socializing
Constant need for approval and reassurance
Withdrawal from hobbies
Meltdowns aka **panic attacks**

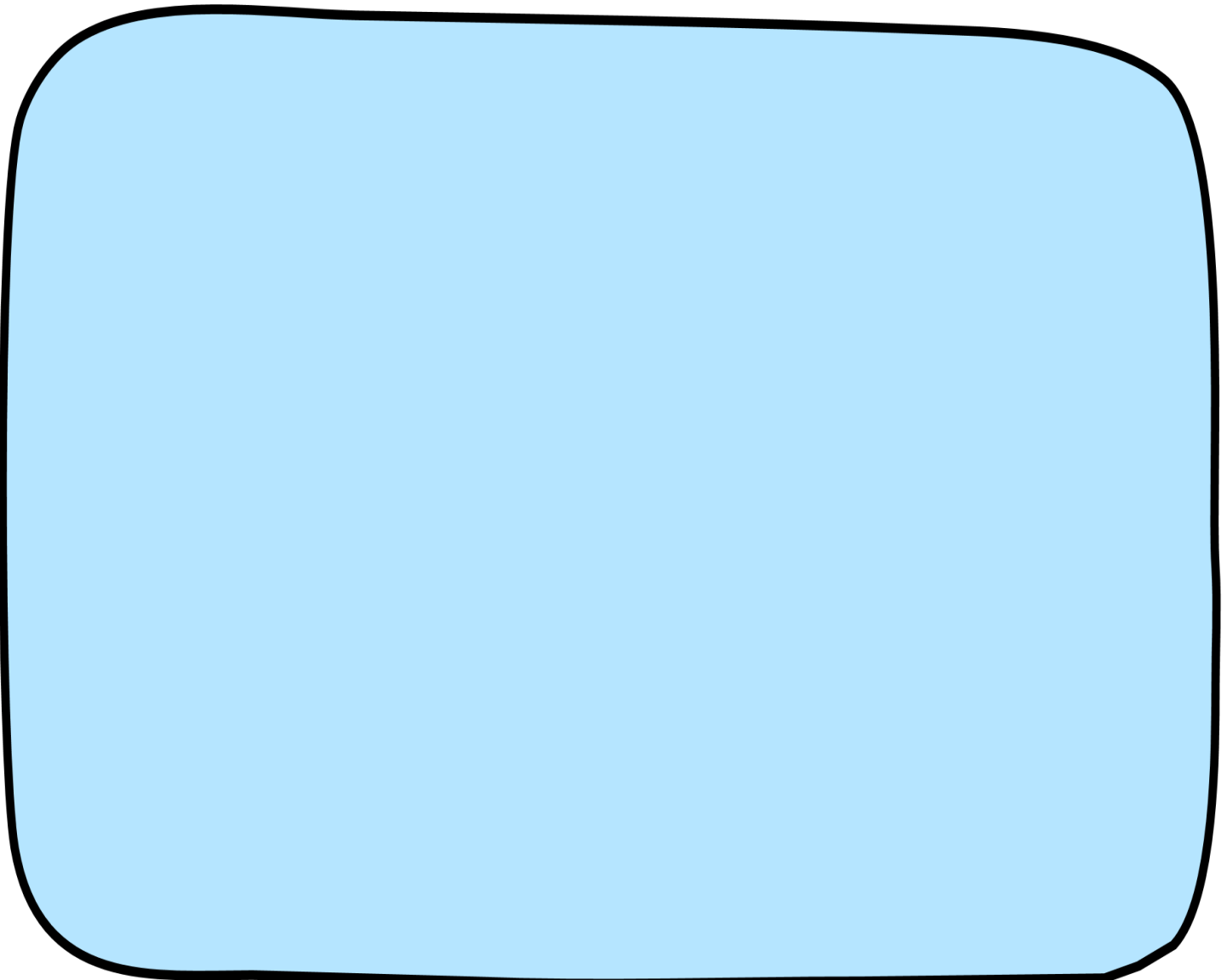
WHAT WAS YOUR SYMPTOM?

♥ Loss of appetite or ravenous hunger because eating makes you feel better.

♥ Feeling like you're too raw and sensitive to handle anything. You become sensitive not only to stressors but to physical touch and sounds. This is sensory overload.

♥ Knowing that nothing is wrong but having an overwhelming feeling of doom that just follows you around everywhere. Even when you try to tell yourself that everything is fine, the thoughts persist.

WHAT DOES YOUR ANXIETY LOOK LIKE?



Let's get scientific! Your body producing an overabundance of two things -adrenaline and cortisol, usually causes anxiety.

Adrenaline is responsible for the racing heartbeat, the shakiness, shortness of breath, and inability to sleep. Cortisol, on the other hand, suppresses many of the non-essential functions of your body. Your body starts to think it's in a Hunger Games situation.

Flight or fight. Your body's adrenaline is like "DANGER" and the cortisol is like "LET ME SHUT DOWN EVERYTHING SO YOU CAN RUN OR FIGHT."



They're working together trying to help you survive. You either don't need to eat because you're about to be running for your life or you have to EAT ALL THE THINGS because you're about to be in a fight for your life and you need that energy and nourishment. Same with sleep - no sleep so you can run or tons of sleep so you're ready to throw down.

Have you ever been so stressed out you missed a period? That's the cortisol telling your body there's no time for reproduction because DANGER.

Along with those lovely helping hormones, the muscles all over your body are beginning to tense up, preparing. Bodies are such sensitive things.

These are survival mechanisms, which are **helpers**; it's just that our security system is a little... sensitive. Anxiety is the dog barking at the mailman, and the kid across the street, and the delivery guy... it's getting it wrong, but it means well. When you're able to understand the process of your anxiety and why it does what it does, it makes it just a teeny tiny bit more bearable.

ANXIETY SYMPTOMS

What are your physical, mental, and emotional symptoms?

ANXIETY TRIGGERS

What things do you find trigger your anxiety? How intense is it on a 1-10 scale? How do you (usually) deal with it?

[illegible]

COPING SKILLS

How do we start managing our anxiety?

That's the million dollar question right? I can tell you the first step and the first step is this lovely thing called a coping mechanism.

Let me rephrase that, *healthy* coping mechanism.

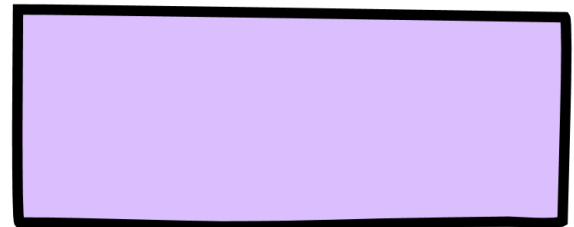
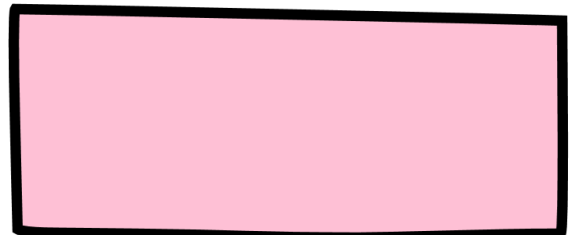
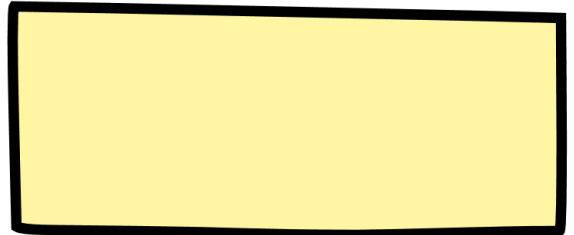
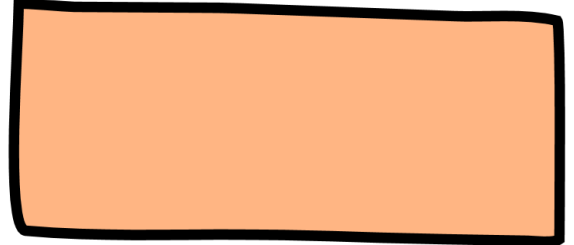
It's so easy to turn to drugs, alcohol, food, social media, gaming, Netflix binging, complete avoidance – and all of the other things that let you quickly check out of life and forget you have anxiety.

You have to find ways that help you check in. It's hard to face The Big Bad Anxiety; it's super hard to sit in that adjustment period of not having any way to cope – healthy or otherwise, but you have to start somewhere.

Tip: Don't try to flip your life upside down immediately. Permanent change happens by mixing positive things into your life gradually and creating a sustainable routine.

Be open-minded; try things that make you give the side-eye. You never know what thing is going to click with you.

What are your unhealthy coping mechanisms?



BASIC COPING SKILLS

Let's go over the basic advice that you can find anywhere.

Diet (Be mindful of what you eat)

It's important to look at what you are eating. If you are an emotional eater, this is especially important because the very foods that make you feel better are the ones that are doing nothing to help your anxiety and might even be making it worse. Sugar, caffeine, super greasy foods – moderation is key.

When I'm going through extreme periods of anxiety, I want to eat nothing at all or indulgent foods, like fast food every day, multiples times a day – indulgent. It's my way of treating myself and being nice to myself when I'm going through a difficult time. Self-care, am I right? But it's not.

The real self-care is focusing on eating a balanced diet and not eating in reaction to your anxiety. If you can eat foods that are high in magnesium – avocados, nuts, dark chocolate, beans, seeds, bananas and leafy greens – all the better. Magnesium is great for helping to relieve anxiety.

If you have the opposite problem and have no appetite when you're anxious, try to treat yourself lovingly. Make time for each meal and try to eat something. Anxiety takes so much out of you, remember to eat.

Broths and soups. Things like crackers are also good. Mint and ginger teas are the best tummy soothers if your stomach is perpetually upset.

The ritual of
tea drinking always
soothes me.



EXERCISE (MOVE THAT LOVELY BODY OF YOURS)

When people say exercise helps, they're not wrong, but that advice annoys me so much (and here I am including it, I know). There are times when I am so anxious it is hard for me to move. I just want to turn on the TV and tune out or lose myself in a video game.

If you can find the motivation and energy for something simple - do it. I always try to trick myself. I tell myself that I'll do a five-minute walk around the block, but once I get moving I usually feel like doing more, and before I know it, I feel better. Same thing with yoga. I tell myself to just do a five-minute video or a few poses really quick, and the act of starting helps me get the motivation to do more. Also, there's nothing wrong with a good reward system.

Anxiety often feels like a buildup of energy that's bouncing inside of you with nowhere to go. Often we try to ignore it. Moving, getting to the point where you're sweating and those endorphins are flooding your system - it helps.

Find the kind of movement or physical activity that works for you.
Find something physical that you love doing. Find your thing.

Take long walks and listen to music or audiobooks, it's a great way to occupy your mind and your body. If going to the gym makes you anxious (it probably does) find one that's open 24/7 and see what times are the slowest. If that makes you uncomfortable, check out videos on Youtube or get a subscription to a fitness website.

There are so many opportunities to move your body and it will help you feel better.

SLEEP (GET SOME)

Most scientific types agree that the amount of sleep you need as a functioning adult is anywhere from 6-8 hours a day although some could use a little less or more depending on the person. Getting too little sleep (or too much) isn't good for your health.

When you sleep, it gives your body time to stabilize and also produce chemicals, including ones relating to anxiety. When your schedule is messed up, you aren't able to properly produce the things you need to.

Make a bedtime and then honor it.

Even if you spend an hour reading, or just laying there, try to get into bed at the same time each night, no exceptions.



If your anxiety makes sleep difficult for you - create a bedtime ritual.

Keep adding things and taking them away until you find a system that works for you. It doesn't have to be anything complicated.

Use an essential oil diffuser/wax warmer/ incense that relaxes you (lavender is wonderful). Take a warm bath - using epsom salt is great, it's that magnesium! Light candles, play low music, bring down those heightened senses and surround them with softness. Go to bed with a cup of herbal tea. Put your phone down and stay away from social media. Listen to a meditation. Listen to nature sounds. Journal your thoughts to get them out of your head.

Make sure your bedroom is a calming atmosphere without distractions.

If your insomnia is severe, talk to your doctor about other options.

JOURNALING (WRITE IT OUT)

I love journaling. It's an easy and inexpensive way to get your feelings out and analyze them.

There's a trick to using journaling/writing as a good coping skill. Dig into it. Don't focus entirely on the surface level stuff, "I feel anxious today." Go deeper. Keep analyzing your feelings until you start revealing the layers of it. The 5 W's (and an H!) are used in journalism and it's a way to get the complete and whole story of what you're feeling. "When? Where? Who? What? Why? How?"

When did you start feeling anxious? Where were you? Who or what triggered it? Why do you feel anxious? How are you going to feel better? What do you need? Who can you talk about this with?

Interrogate those feelings of anxiety so that you can come to understand them and the reason they're popping up in your life.

Use a daily journal to keep track of your anxiety using a 1-10 scale. You'll start to be able to recognize the things that trigger you and your own emotional cycles.

There are times when simply acknowledging your anxiety can help you feel less anxious. It's just a way to get it out of your head.

Release it and let it go.

How are you feeling right now?

Activity: Start a private blog or buy a brand new journal or notebook to document your anxiety.

MEDITATION (EMBRACE THE ZEN)

For an anxious person, the thought of sitting still and in silence can be the definition of torture. I have two anxiety modes – sensory overload where I need complete quiet and the total opposite where I have to have some sort of background noise to drown out my thoughts. I tend to lean toward needing some sort of sound to lessen my anxiety. If you're completely new to meditation, your perception might be sitting cross-legged, clearing your mind, and chanting 'om'. That's only one way to meditate.

The definition of meditation is “a practice where an individual focuses their mind on a particular object, thought or activity to achieve a mentally clear and emotionally calm state.”

See! It's not all silence and chanting! You can meditate by listening to music and dancing while you're in a trance-like state. You can do activities that help you zone out like knitting, doing a puzzle, or creating art. You can use prayer beads, you can chant, you can listen to any music or nature sounds. You can sit quietly, or you can listen to a guided meditation.

A guided meditation is a recording that you listen to with your eyes closed while you allow your imagination and your mind to be transported somewhere else. You can imagine yourself in the ocean, in a meadow, or deep in a forest.

They're great for beginners and great for anxiety because it's actively forcing your mind to focus on something else as your imagination builds images or a soothing voice talks you through thoughts and feelings. There are a ton of free guided meditations online or in apps. Try them out.



PUBLIC COPING SKILLS

It's easy to be anxious at home. You have all of the tools to make you feel better; you can just go lay in bed, take a shower, or distract yourself with your favorite hobby. What do you do when you're out in public? Panic. Getting anxious out in public definitely compounds any anxiety you're already feeling. Thankfully, I'm a pro at this. Here are some completely weird and random ways to make yourself feel slightly less anxious when you're in a public setting.

♥ Write imaginary sweet things on your arm or leg. Take your finger, pretend it's a pen, and write the words "You got this." Distracting, positive, and loving.

♥ Tap out the beat to songs you like on your thigh, it keeps your mind engaged.

♥ Fidget with something. I use jewelry, spinning my rings around my fingers. I also carry a worry stone in my pocket. It's a smooth stone with a little indentation for your thumb to soothingly rub it.

♥ Carry headphones in your pocket or purse. If you find yourself getting anxious, go to the restroom and listen to a soothing song or meditation on your phone.

♥ Bathroom dance party! Find that song that always makes you want to dance no matter what your mood *ahem* Brave – Sara Bareilles*ahem*, and let yourself dance to it. Work out that anxious energy. You can also blast music in the car.

♥ Run your hands and wrists under cold water and imagine your anxiety being washed away. This gives you a tiny shock to your system and helps you refocus.

♥ Find a scent that you love and that reminds you of home or some other safe place. Wear that scent. When you feel anxious, go to the bathroom, stick your head in your shirt, and take deep breaths. I know it's weird! Don't judge me! It works! You can also be normal and carry your favorite essential oil with you.

♥ Take advantage of free anxiety apps. There are tons of apps you can use while you're on your break at work or waiting in a doctor's office that will help calm you down. A lot of them contain little activities to keep you distracted.

♥ Journal. You can use your phone's notepad app or any other app where you can write (I use the Tumblr app) to do a quick journal entry. Even if it's just a lot of profanity about your anxiety, get it out, and it will just look like you're texting!

♥ Soften your muscles. If you're holding tension in your jaw, neck, or shoulders turn your attention there and make yourself loosen those muscles. Give yourself a little hand or neck massage. Constantly check-in with those tense areas.

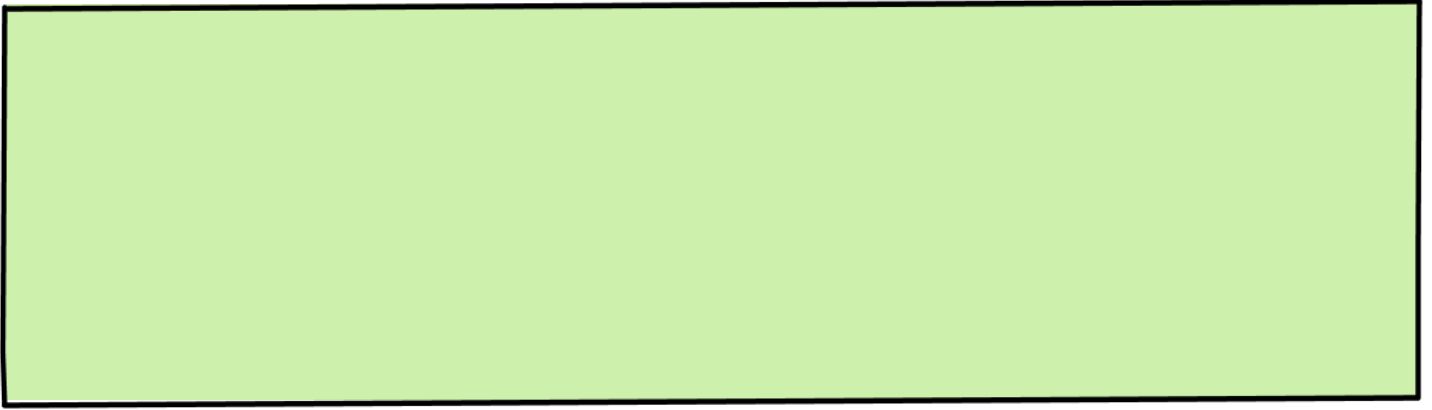
♥ Practice breathing exercises. Slow your breathing down. Focus on your inhale and your exhale. Listen to the sound of the air going in and out.

♥ Focus on the things around you. Get out of your head and into your surroundings. What are you seeing, hearing, smelling right now?

♥ Touch your face in a soothing way. Run your hand down the center of your face from forehead to chin and then gently run your hands down the sides of your face.

♥ Give yourself a pep-talk. You are amazing. You can handle this. You are awesome.

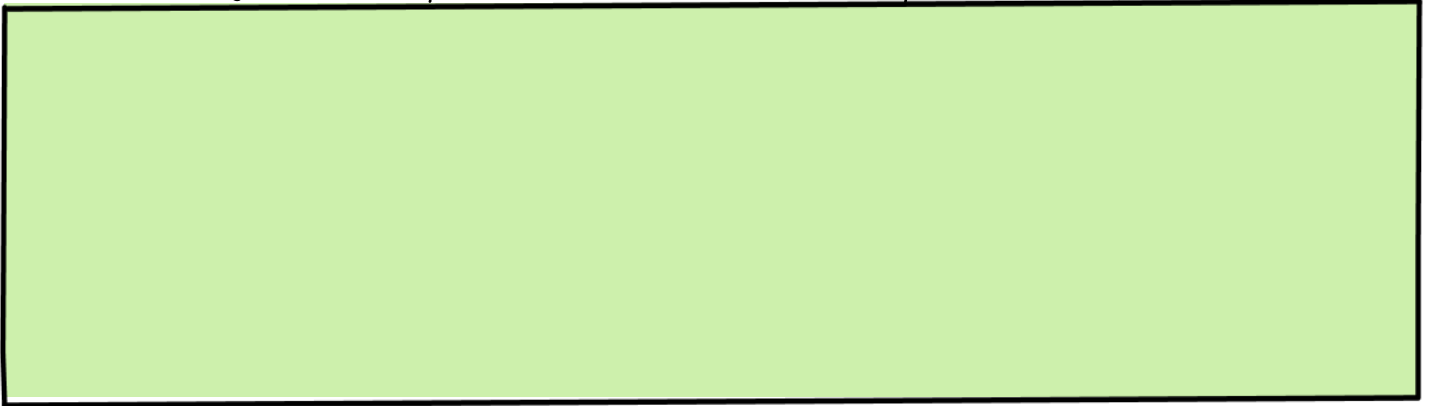
What are your current coping skills for being in public?



What was your worst public anxiety experience?



What things make you feel better when you're in public?



Activity: Create (or update) a calm-you-down playlist you have on your phone or iPod. **Song Suggestions:**

BREATHING EXERCISES

Breathing. Something you take for granted until you're going through a period of anxiety and no breath feels deep enough. You want more. You need more.

Here are the breathing exercises I've picked up over the years and my easy-to-remember names for them. Try them out and write down your experiences.

THE WHALE: Take a deep breath in through your nose and then blow it out really fast and forcefully through your mouth.

INNNNN AND OUUUUT: Inhale through your nose for 4-6 seconds, hold it in for the same amount of seconds, and then exhale through your mouth for the same amount of seconds.

ALTERNATE NOSTRIL: You'll be using your thumb and your pointer finger. Bring your hand up to your face and use your thumb to press one of your nostrils closed. Inhale through your open nostril, pause, exhale through your open nostril. Then lift your thumb, opening your nostril, and close the other nostril with your pointer finger. Breathing in and out through one nostril at a time, alternating.

BELLY BREATHS: Put your hands on your stomach and just breathe deeply, feeling the rise and fall of your tummy. Send a little love through your hands into your body.

THE LAMAZE: Take one deep breath in and then blow it out three times through your mouth. This can help relax your chest.

THE WINDY DAY: Inhale through your nose and then exhale through your mouth, almost like you're whistling, so that it sounds like wind, until it's all out.

NOSEY: In through the nose and out through the nose really fast. Only do this one for a few seconds at a time, it can make you lightheaded quickly.

SLOW AND RELAXED: Just lay or sit quietly, focus on your breathing, breathe slowly, count your breaths if you want to.

PANIC ATTACKS

Just reading those words makes the *Jaws Theme Song* start playing in my head. Panic attacks are one of the worst aspects of anxiety. It's like your consciousness gets pushed aside and anxiety takes over your body like some pushy alien.

When you feel a panic attack coming on, it often heightens whatever anxiety you already have. It makes it difficult to stop the panic attack because you're panicking about panicking.

The best thing you can do when all else fails is to just ride it out. If you've done everything up to that point that you can't stop the panic attack and it's still coming, don't freak out. Accept it's coming and you'll get through it.

The panic attack will not kill you. It's not going to last forever. It's a physical reaction to anxiety. It's not the Grim Reaper come to take you.

When you feel a panic attack approaching, go somewhere you can be comfortable. There's nothing worse than a panic attack and an audience. Go to the bathroom, go to your bedroom, your car, or any other place where you can get some peace.

Panic attacks often make you feel like you're not getting enough oxygen or that you're not breathing well enough but it's actually the opposite. The 'hyper' in hyperventilation means "overactive".

That means you're actually getting too much oxygen. The best thing you can do is try to moderate and slow down your breathing.

It's so tempting to allow yourself to breathe faster but taking a deep breath, holding it for several seconds, drawing out the exhale,

and then repeating it will help more. When you're breathing frantically, your body loses carbon dioxide, which is bad. Slowing your breathing gets those levels back up.

Panic attacks are not just hyperventilation. If you've never had one - that can be a misconception. You can have chest pain, tingling or numbness in your extremities, racing heart, vomiting, overheating or chills. When you're done, you'll usually have a headache, be nauseated, or completely exhausted.

The best way to stop a panic attack is not to have one to begin with. That means a) knowing your triggers and b) learning exactly what things slow that spike of anxiety for you.

I used to have panic attacks at least once a week, often for no reason that I could pinpoint. I'm now at the point where I only have panic attacks during times of extreme stress, and those are only a few times a year now, if at all.

The change comes with the ability to slow ourselves down, self-soothe, and practice self-care.

Imagine that every action you take during the day has the ability to knock off, or add to, anxiety points that you've accumulated.

Meditation is -20 anxiety points. Going for a walk is -10. Watching an episode of your favorite TV show is -5. Making a phone call is +10 and shopping is +15.

The more you practice self-care, the quicker you'll discover the things that will quickly lessen your anxiety and the things that add to it and eventually you'll find a balance between them. You'll compensate for the loss of points with self-care.

ANXIETY POINTS

Activity: Something that makes you anxious. Point Increase: How many anxiety points does it give you?

[illegible]

ANTI-ANXIETY POINTS

Activity: Something that makes you less anxious. Point Reduction: How many anxiety points does it take away?

[illegible]

WORST-CASE SCENARIO

What's the worst that could happen? How would you get through it?

Worst Outcome	Survival Plan

DBT

Dialectical Behavior Therapy (DBT) is a behavioral treatment that helps with mental health issues. If it's anxiety, depression, anger, impulse control – I recommend you become acquainted with DBT. If you can't find a therapist in your area, there are still a ton of free online resources, books, and worksheets.

DBT is a therapy that is designed to help you change thought patterns. It teaches you how to re-program your brain. I've found it to be extremely helpful in learning healthy coping skills on many levels.

Real talk – it helped me go from HULK SMASH to Bruce Banner. I've had some severe anger issues in the past and it has helped me learn how to deal with them (and my anxiety) in a healthy way.

The main aspect of DBT is **"Wise Mind"**. The philosophy of wise mind is that your mind has three different mind states – reasonable mind, emotional mind, and where they both intersect – the wise mind.

Wise mind encourages you to act from a place that focuses on wholeness. It's not just all unemotional logic or emotional overload; it's a good balance of both.

With anxiety, we tend to act from that wholly emotional aspect of our brains. It's that knee-jerk reaction of "something bad is going to happen, RUN."

I like to imagine my wise mind as an actual being inside of me. Weird, I know! But I picture her as this wise, goddess-like, being in my head. When I'm struggling with anxiety, she's my inner voice of wisdom.

EMOTIONAL MIND

Emotions control how you act and react the majority of the time

Your thoughts are all over the place and you can't focus

Your behavior and even your personality seems to change with your emotions

Overwhelmed by strong emotions

You get upset by your emotions and feelings

Strong intuition and gut feelings

Lots of empathy and compassion

REASONABLE MIND

Rational thinking based on facts with no thought to anything else

Seeing situations from a removed point of view - disassociating

Keeping eerily calm while dealing with problems most people would be upset by

Seeing a situation from all sides

Pros and cons

Thinking about cause and effect

WISE MIND

Making decisions from a place of both feeling and logic

Feeling grounded

Incorporating intuition

Examining automatic learned behaviors

Allows for good boundaries

Doing what is for your highest good on all levels

Doing what feels good for the "big picture"

Slowing down and resisting the urge to be impulsive

It might seem like using your reasonable mind would be the way to go all of the time. However, if you live your life from a cold and calculated place without feeling anything you are not allowing yourself to nourish your emotional self, which is a huge part of who you are!

Just because something seems logical and reasonable doesn't mean it's the right course of action. Imagine if we never took risks or considered our feelings or other people's feelings. We've all been in a place where we wish we could just turn everything we feel off, but think of how boring life would be.

When you make decisions from a place of wise mind you are honoring **your whole self**. Your emotions, your intuition, and the facts as you see them. From someone that's impulsive like me, using my wise mind has been a life changer.

HOW DOES THIS AFFECT YOUR ANXIETY?

One of the biggest ways to combat anxiety is with reason and logic. We tell ourselves that the thing we're anxious about is dumb because of this fact, this fact, and this fact.

However, we still feel emotions and we still need to take care of those emotions. You see what I'm getting at? Even though you have to use reason – you still have to acknowledge, accept, and pay attention to what your feelings and intuition are telling you.

Wise mind does that. It uses the reason aspects to rationalize why you shouldn't be anxious and it also recognizes that you **ARE** anxious and you need to take care of your emotions.

That's what I love about it, it's an approach that recognizes your whole self.

WISE MIND

Write your emotional reaction, your reasonable reaction, and then combine them into a wise mind response.

Emotional	Reasonable	Wise Mind

Along with wise mind, there are four other aspects of DBT that will help you work through your anxiety and your emotions.

HERE ARE THE FOUR MAIN POINTS OF DBT.

MINDFULNESS: Be in the moment. Bring yourself to the present, the here and now. If you find yourself time-traveling either forward in the future and worrying about what might happen or back in the past to things that have already happened and can't be changed – bring yourself back.

Mindfulness is all about focusing on this moment right now. Don't judge, don't overthink, just let your thoughts flow without attaching to any of them.

WITH ANXIETY: You are anxious, let yourself be anxious, but also be present in the things that are happening right now around you and in your other feelings and experiences. You are allowing yourself to step back and simply acknowledge the moment. You feel anxiety but you *also* feel other things.

If it helps, pretend you are a Vulcan from Star Trek, don't get emotionally attached to what's going on, just observe it. Let everything that's happening to you flow around you, and through you, while you allow yourself to witness it.

Do exercises that help you notice the little details. Pick up a leaf and let your eyes notice all of the things about it. That's what your life is like, your anxiety is just an aspect of it.

Notice all of the things that are going on in this moment right now. Your other thoughts. Your comfort level. The things you're listening to. The atmosphere around you. How you feel. Be in this moment.

MOMENTS OF MINDFULNESS

Write down the little details of what's around you.

Date:

Date:

Date:

Date:

Date:

Date:

DISTRESS TOLERANCE: When you don't feel like you can cope or handle it, distress tolerance teaches you that you can. It's all about learning the skills to face your feelings and handle them in a healthy way that doesn't involve escaping or blowing up.

On the opposite end, you don't want to develop such a tolerance to distress that you don't react at all and avoid thinking about or dealing with it.

WITH ANXIETY: You want to develop a tolerance to uncertainty, frustration, and pressure when it comes to your anxiety. Think of it like a muscle that you're making stronger. Instead of breaking under the weight of those things, you're able to pick it up and carry it.

There are five main "workouts" for this muscle – distraction, self-soothing, improving the moment, pros and cons, and radical acceptance.

If you tend to have many panic attacks, this is a sign that your distress tolerance is something you need to work on. You want to be able to cut off that extreme manifestation of your anxiety.

Distress tolerance comes into play especially in times of crisis – breakups, deaths, loss of jobs, illness – most of these things involve a loss of control and that's why it's so important to learn how to deal with distress without completely losing it.

1. Distraction. When there's nothing else you can do – distract yourself. Do something fun to get your mind away from your anxiety. Clean, immerse yourself in your favorite book or hobby, or go out with a friend. You are learning that anxiety doesn't mean a full stop to your life.

2. Self-Soothing. You are anxious so you self-soothe by taking a relaxing bath or listening to that song that instantly makes you feel a bit calmer. If you're having trouble – go through your five senses. Sound, Smell, Taste, Sight, & Touch. You are learning that you have some control over how your body feels.

SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



Sight

Low lighting
Soothing colors
Sleeping masks
Coloring books
Pinterest Collages

Touch

Soft things
Cuddle things
Massage
Hot/cold shower
Heated/weighted blanket



Sound

Calming noise
ASMR videos
Nature sounds
Guided meditations
Binaural beats



Smell

Aromatherapy
Fresh air
Candles/incense
Comforting smells



Taste

Strong flavors
Warm drinks
Eat slowly
Nostalgic flavors



www.blessingmanifesting.com

3. Improve the Moment. You are anxious so you improve the moment by remembering how you've dealt with this before. By acknowledging that you are capable of handling this. You are learning to rely on your strength.

4. Pros and Cons. You are anxious so you think about the pros and cons of working through it. You can default to your unhealthy coping mechanisms, and all of the cons that those things bring, or you can think about the pros of handling your anxiety in a better way even if you don't get the instant gratification of something unhealthy. You're learning that you have choices and those choices have different outcomes.

5. Radical Acceptance. Accept what is. Accept that you don't have any control over what is happening right now and that's okay. You are learning to trust.

Even if you don't have a perfect handle on dealing with those anxious moments, you'll soon discover that the end results are getting better.

YOUR SELF-SOOTHING

Sound: What music, noise, or ambient sounds soothe you?

Sight: What kind of lighting or colors calm you?

Taste: What are your favorite flavors?

Feel: What textures or clothing comfort you?

Scent: What incense, essential oils, or other scents calm you?

INTERPERSONAL EFFECTIVENESS: How to have healthy and balanced relationships with the people around you. It helps you assert yourself and make sure that your needs are met while also meeting the needs of the people around you.

WITH ANXIETY: There's a huge chance that someone in your life makes you anxious. Maybe you're afraid to ask for what you need because you have a worst-case scenario playing in your mind about what the other person is going to say or do. Overthinking every word, action, and text message?

Interpersonal effectiveness helps you to assert your own needs so you aren't always worried about what other people need from you.

Teaching these skills to the people around you is also a great help because they will be able to communicate what they expect from you too. Ask yourself: What is your goal for an interaction? Focus on that, not how it might be received.

Describe what you want/need in specifics. It's hard to speak up, but when others know your needs they can meet your needs. "I feel anxious because_____ and it would really help me feel better if you_____."

Asking for reassurance? That's totally okay. Stop feeling like a bother.

Create boundaries. If you mean no, say no. Don't dance around it. Some of my most anxiety-filled moments are from not knowing how to say 'no'.

Use positive reinforcement. Let the people around you know that they're getting it right when they're getting it right. If someone is reassuring you or helping your anxiety instead of saying "Sorry, I'm so stupid." Say "Thank you, I appreciate you."

Don't let your relationships suffer because of your anxiety. Ask for what you need.

ASK FOR WHAT YOU NEED

It's hard to ask for what you need - try. Whether it's a parent, partner, boss, or friend what do you need?

[illegible]

EMOTION REGULATION: How to identify, then deal with, and eventually change the emotions that you're feeling in the moment. It also teaches you how to understand your impulses related to each emotion. It's learning how to emotionally drive the speed limit instead of having your foot pressed hard on the gas all of the time or not moving at all.

WITH ANXIETY: The first step to understanding your anxiety is uncovering all of the sources of it. You have to peel back the layers of your feelings, you have to be able to describe them, understand the other feelings that go along with your anxiety, as well as how it changes your overall behavior.

For example, is your anxiety being caused by secondary emotions like guilt and shame? Inadequacy? Unworthiness? Where are those feelings coming from? Are those emotions causing you to act out in your relationships or in your life?

Figure out your emotion. Figure out the root of it and then look at what behavior goes with that emotion. If that behavior is negative, destructive, or unhealthy – how can you change it?

Emotion regulation helps you see when your anxiety is coming from a place of fear (or inadequacy, shame, past trauma) so that you can then focus on *that* thing instead of the anxiety. How do you heal that thing? That's where the work begins.

It's also about using those distress tolerance skills to calm yourself down and stop your emotions from going to the nuclear red zone and staying there.

If you can find a therapist in your area who specializes in DBT – go for it. If not, the skills are easy enough for you to incorporate into your life on your own.

EMOTION REGULATION

What emotion are you feeling? What's causing that emotion? What is a healthy action you can take?

[illegible]

CHANGE YOUR THOUGHTS

When I first began my own journey, I was reading a book called *You Can Heal Your Life* by Louise Hay, and there was a section in the book about being able to change your thoughts. I never imagined that thoughts were things that I could control because they had always controlled me.

You learn to change your thoughts by first accepting them, grabbing hold of them, and then focusing on transforming them. You can't change what you don't acknowledge. Let's look at the different thoughts (also called cognitive distortions) anxiety gives us and how we can change them.

YOU ARE NOT A MIND READER.

How many times have you been anxious because you're absolutely positive that someone is thinking badly about you, or you've let someone down, or they just completely hate you? Remind yourself that your name is not Clark Kent, you are not a superhero, and you can't read minds.

If you are worried that someone is upset with you and it's making you anxious – talk to them. I know, I know, that's so hard, but it's the difference between a moment of discomfort/anxiety and being anxious for days.

Don't know how to start the conversation? Personal advice: Don't start it off with "Why do you hate me?" Bad strategy.

"Are we okay? Have I done something to upset you? I'm feeling anxious about _____, can we talk about it? I need reassurance about _____."

Much better options!

MIND READING

What things are you worried others are thinking?
What are their real feelings or probable real feelings?

Mindreading	Truth

YOU ALSO CANNOT PREDICT THE FUTURE.

I know! You *really* want to be a superhero! You're still not. Take off the spandex and put away the cape. It's common anxious practice to worry about all of the things that are going to go wrong in the future. It's like an apocalypse out there.

I'm guilty of this. Sometimes the inside of my mind looks like one of those crazy cork boards covered in maps, papers, post-it notes, and yarn going from one thing to another as I try to plan out what's going to happen if I do this thing and *this* thing five years from now.

We want to make sure our actions aren't going to cause more anxiety, that's normal. We're not very impulsive and we don't want to make rash decisions without thinking of the outcomes. That's a good thing! But the truth is – worrying things to death is not going to change them very much. Sure, think your actions through – but when you start overanalyzing them and thinking 20 steps down the line with seven alternate realities – that's when you've got to take a step back and bring it back in.

Most, if not all, of those horrible, dire things you're thinking about are things that are not even going to happen. Why are you wasting the mental energy?

Bring yourself back to the present. You're here. Right now. Here.

If you're worried about how you're going to do at a job interview just bring yourself back to the now and work on being prepared and confident.

If you're worried about how a relationship is going to progress, focus on what you can do to make the relationship healthier right *now*. You are in the here and now. What you're doing *now* is the only thing you can do.

PREDICTING THE FUTURE

What things are worrying you? What can you do to focus on the now?

Anxious Prediction	Actions for Now

OVERGENERALIZING ABOUT ALL THINGS

This *always* happens to me. I *never* get what I want. *Everybody* is talking about me. *Nobody* cares about me. Overgeneralizing is one of the many paths toward feeling anxious and basically hating your life. If you find yourself using words like "never," "always," "nobody," "everybody," then you're overgeneralizing and it's not something that's helping you out.

Overgeneralizing is tricky because it's basing a current experience on something real that happened to us. If someone cheats on you then you believe that every person you date is going to cheat on you. Suddenly that anxiety is ruining the relationship. That fear isn't automatically invalid because it's something real that you went through and that probably had a traumatic effect on you.

If you keep trying to get a better job and it's just not happening, you might start thinking that you're never going to get a good job. You start getting severe anxiety whenever you apply for jobs or the anxiety is so bad you don't even bother trying anymore.

You need to focus on odds. Just because something bad happened once, or even more than once, does not mean that it will happen every time.

This involves a certain sense of awareness as well. Some people are cheated on in every relationship that they've been in. How do you get through that? You look at the surrounding patterns. Are they frequently choosing relationships that are unhealthy to begin with? Do they have an issue believing that they deserve a certain type of relationship? That's where the work is.

The first step to dealing with overgeneralizing is focusing on accuracy and evidence.

OVERGENERALIZING

What's the overgeneralization? What are the facts?

Overgeneralized Thought	Accuracy + Evidence

FOCUSING ON THE NEGATIVES

One of my favorite ways to torture myself is to forget how great life is. Anxiety is often so overwhelming that I fall into black-and-white thinking. Everything is bad. Everything is going wrong.

I remember a specific instance where I lost my credit card and I flipped out. I felt like my life was a flaming garbage can. I was going to have to make phone calls and wait for a new card and I was drowning in anxiety.

The reality was – yes, the situation *really* sucked but it also wasn't the end of the world. There were many positive things happening in my life too.

If you start going down that anxious spiral of everything sucks – write down the positives to remind yourself that it's not all doom and gloom.

CHALLENGE YOUR THOUGHTS

We've all seen that meme floating around the internet "Before you speak, ask yourself: Is it true? Is it necessary? Is it kind?" Do the same thing with your own anxious thoughts.

Are they true, and I don't mean "maybe" or "might be", but *really* true? Do you have evidence to back up that thought? Is it 100% a sure thing?

Is it necessary to be thinking it right now? Is it helpful or serving a purpose? If the answer is no, then see – distraction, self-soothing, and mindfulness.

Are your thoughts kind? Anxiety can be mean. It can make you feel like no one wants you or likes you. That's not real. Turn those thoughts into something kind and loving.

THE POSITIVES

Feeling anxious? What positive things do you need to remember right now?

Date:

Date:

Date:

Date:

Date:

Date:

POSITIVE SELF-TALK

Living with anxiety is frustrating and that frustration can often find itself directed right at you and your self-esteem. It's so easy to blame ourselves for our anxiety, for not being "normal".

"Why can't you just do the things that other people do? Why are you such a chicken? You are soooo boring and you never do anything fun!"

You've probably even had someone get frustrated at you for your anxiety, haven't you? It's *hard*.

That's why it's so important to use your words to build yourself up. "You can do this. You're going to be okay! You are strong and brave and you got this!"

"You're doing so good!" is my mantra of reassurance. I feel a bit silly about it, like I'm treating myself like a toddler who just learned how to use the potty. At the same time, it makes me feel better to celebrate those little victories against the "Big Scaries" – those things that make me anxious and that I find the courage to face.

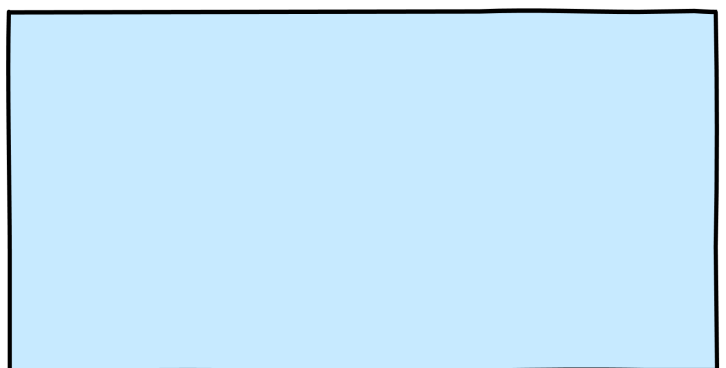
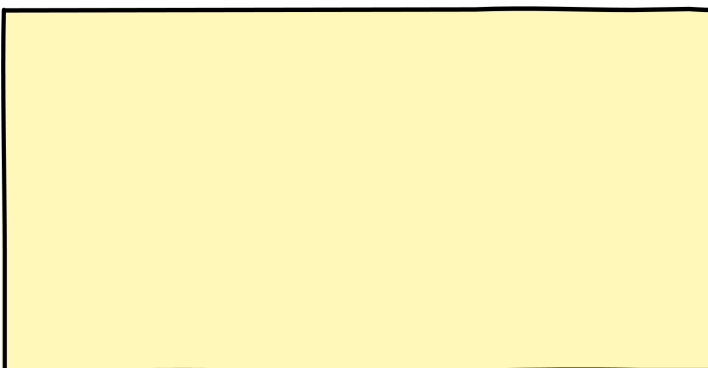
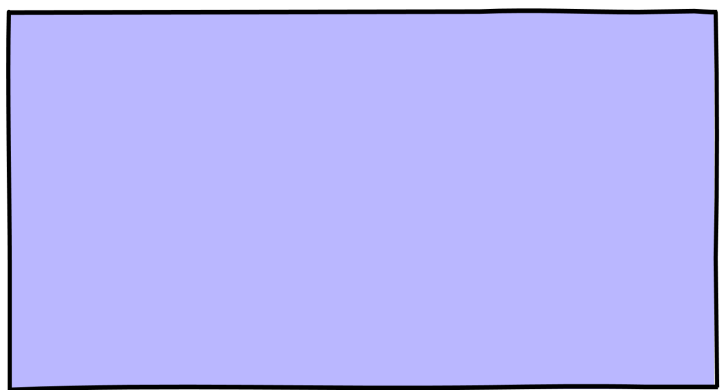
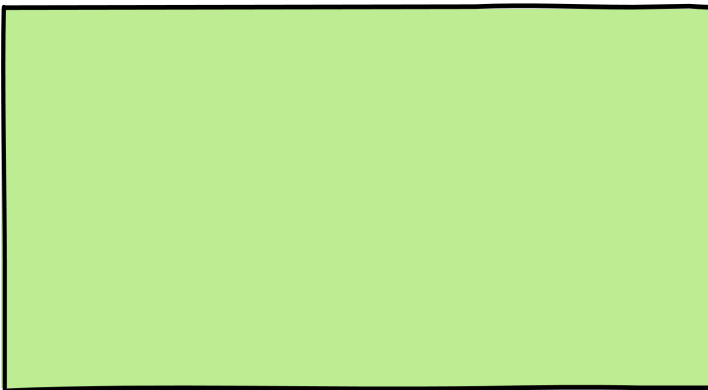
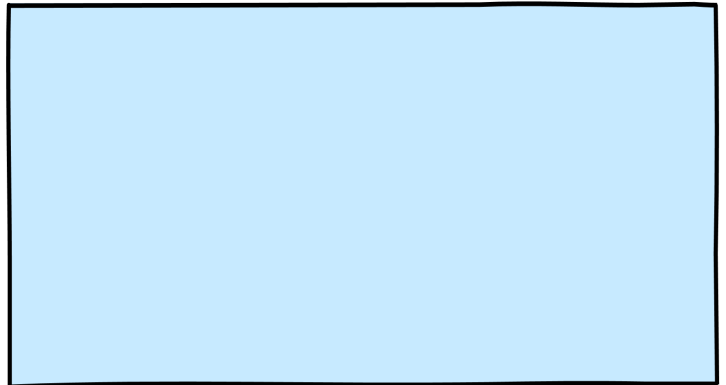
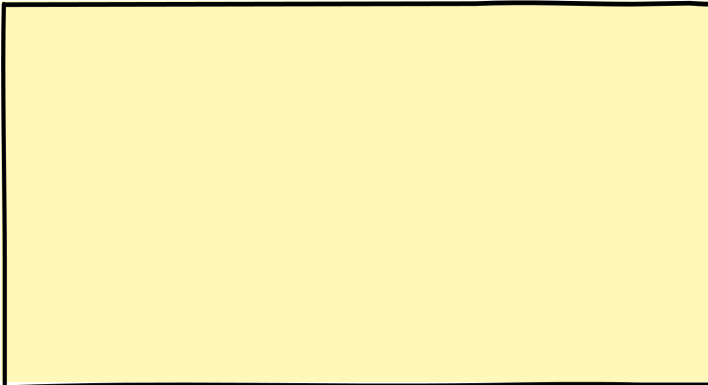
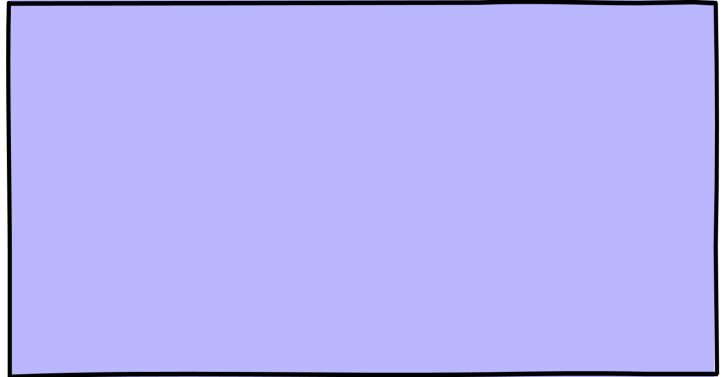
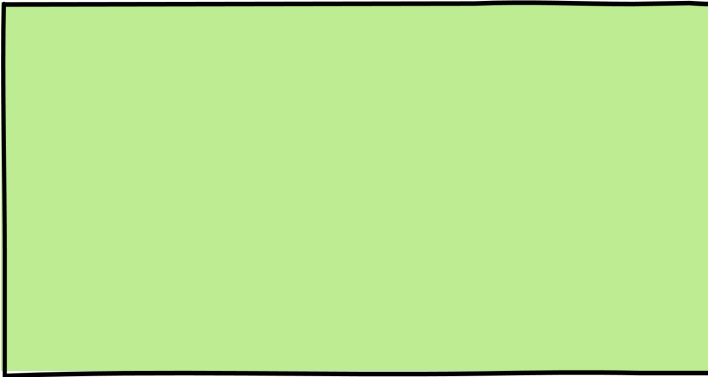
Every moment of productivity counts. Every moment you triumph over your anxiety or simply deal with it, is a moment worth celebrating!

Every time something negative pops into your head replace it with something positive. Eventually, that will be your default. Love over criticism.

What do you want to start telling yourself?

BRAVERY RECORDS

Remember all the times when you faced your anxiety and got through it? Write them down!



RANDOM ANXIETY TIPS

Here are some tips I've learned through the years. Try them out!

💜 Take a cold shower. Little shocks to your system can pull you out of anxiety. A hot shower can also be relaxing and help your tension fade away.

💜 Create a structured routine. Anxiety thrives on chaos and the unknown.

💛 Get bored of your anxiety by repeating what you're anxious about. It's like when you repeat a word a hundred times and it starts to sound weird and lose its meaning. Keep repeating it aloud until it loses its power.

💛 Plan for the worst-case scenario and then let it go. If you're anxious about something big, mentally plan for it and then let it be done. File it away in the "Done" compartment of your mind.

💚 Recognize false alarms. Discomfort isn't danger. Feeling nervous about something doesn't mean that you are in danger. Reassure yourself that you are not in danger.

💜 Set your worry aside until later. It's good to face your emotions, it really is – but sometimes it does more harm than good. If you're in a situation – like at work – it might be better to set your worry aside. Decide that you're going to think about it, and worry about it, at a later time and then refocus on the now.

💜 Feelings are not facts. Just because you feel like someone is making fun of you, or that someone doesn't like you, doesn't mean that it's a fact. We have to learn that we don't have to take what anxiety says at face value.

♥ Slow down. Mentally s/ooooooooow down. If you find your thoughts racing you have to slow them down. Put the brakes on them.

♥ Zoom out. I do this thing where I realize that I'm hyper-focused on one thing that's making me anxious. I mentally zoom out in my head. It's my way of forcing myself to see the big picture.

I also zoom in on something else like an art project or a blog post I want to write. Redirect my thoughts to something positive that I'm excited about.

♥ Let go and let God. (Or Universe, Higher Power, Divine Being) Believe that the Universe has your back and that you don't need to hold on so tightly all of the time.

♥ Work on being flexible. Anxious people love control, but that doesn't always work in our favor. Allow yourself to bend and know that you won't break. If there's something that's making you anxious – instead of avoiding it, confront it.

♥ Know when to let go. There comes a time when you realize there is nothing you can do. You have to accept that. You can worry and go over it in your head a million times, but it won't change anything. Instead of acting – focus on not reacting or letting it get to you.

♥ Delegate in your life. If overwhelm is exacerbating your anxiety – see if you can delegate some of those things to someone else. If you're having an intense period of anxiety see if a friend or family member could help with chores, errands, or meals.

It's okay to ask for help. You are important.

♥ Lay on the floor in the middle of a room. Close your eyes and put your hand over your chest. Just keep breathing. Then start saying/thinking nice and loving things to yourself.

♥ Find a hobby. I know, cliché advice but still helpful. Find a hobby that makes you think about it when you aren't doing it. The more positive things you have in your life to take up brain-space, the better.

♥ Manage your finances. That's one of the biggest causes of anxiety. Face the financial anxiety. Read articles that will help you reduce your debt or spending. Find out how to create a budget that works for you.

♥ Don't overextend yourself. Learn to say no, even if the act of saying "no" causes you anxiety.

♥ Just do it. How many times has anxiety stopped you from doing something you *really* want to do? Don't overthink it, don't plan it, don't run scenarios over in your mind. Just go for it. It's like jumping off a cliff – run for it and jump.

♥ Speak up. Don't suffer in silence. This relates to your anxiety as well as the things that are making you anxious. Talk about your anxiety with the people around you so that they can understand it and support you. If there's someone in your life that's causing you anxiety – talk to them about it.

♥ Focus on your ability to survive. I love the quote: "So far you've survived 100% of your worst days." And you have! You have faced things that made you so anxious you thought your heart would explode. That level of bravery is epic.

♥ Find the thing that tickles your funny bone. Laughter is great medicine. Have a playlist of funny Youtube videos, have The Office queued on Netflix, visit Damn You Autocorrect websites. Make time for the things that make you laugh.

💖 Listen to binaural beats, these sounds are engineered to calm your brainwaves, relieve anxiety, and help you sleep.

💖 Find the thing that tickles your funny bone. Laughter is great medicine. Have a playlist of funny Youtube videos, have The Office queued on Netflix, visit Damn You Autocorrect websites. Make time for the things that make you laugh.

💖 Embrace the hippie stuff. Reiki, energy healing, crystals. There are all sorts of cool things you can experiment with. Even if you don't 100% believe in it going in, there's something to be said for the placebo effect and distracting your mind with brand new ideas.

💖 Get a weighted blanket or wrap yourself in a blanket like a burrito. The pressure helps with sensory overload. It's similar to the reasons we swaddle babies, we get that wrapped up and safe feeling.

💖 Create a Pinterest vision board. Fill it with images that make you feel calm. Maybe it's certain colors, scenery, your favorite art, or inspiring quotes.

💖 Count. Count forward or backwards from or to a random number. Imagine the number in your head, make it fancy with glitter or color or movement.

💖 Watch cartoons, your favorite movies from your childhood, read your favorite books from when you were younger, or listen to Disney songs. Visit a simpler time.

💖 Watch ASMR videos. You know that log burning in the fireplace video you see around Christmas time? You can find so many other amazing videos on Youtube. Nature scenes, fantasy scenes, soothing sounds – they are seriously amazing and one of my hard-hitters when it comes to lowering my anxiety.

♥ Push your hands against a wall or a closed door. Push as hard as you can and imagine that anxiousness being pushed out of you with the force of your hands.

♥ Silly putty, slime, play-doh, clay or bread dough. Play with something squishy that you can pound. Extra points if you can eventually eat it.

♥ To-Do Lists and Organization. This goes back to creating a structured environment for yourself. If you worry about forgetting things or you have a full schedule, get a dry erase board, planner, or calendar to help you feel more in control.

♥ Re-frame your thoughts. We as humans have a tendency to 'frame' our emotions, experiences, and memories. It explains how we see those things. "I suck at my job because I made a mistake and got in trouble." You can reframe that thought by looking at facts. "I made one mistake but that doesn't override all of the things I do well at my job."

♥ Immerse yourself somewhere else. Books, movies, and video games are a great (temporary) escape. Use the distraction technique to sink into fantasy worlds or stories of romance or epic space operas with aliens and battles.

♥ Set boundaries. This is a huge one. I noticed a gigantic improvement in my anxiety levels once I started making boundaries with the people around me. Create boundaries when it comes to communicating and being around toxic people. Create boundaries around what you do and don't want to do.

♥ Talk things out. Never underestimate the power of a long session of venting. Anxiety is much more common than you realize.

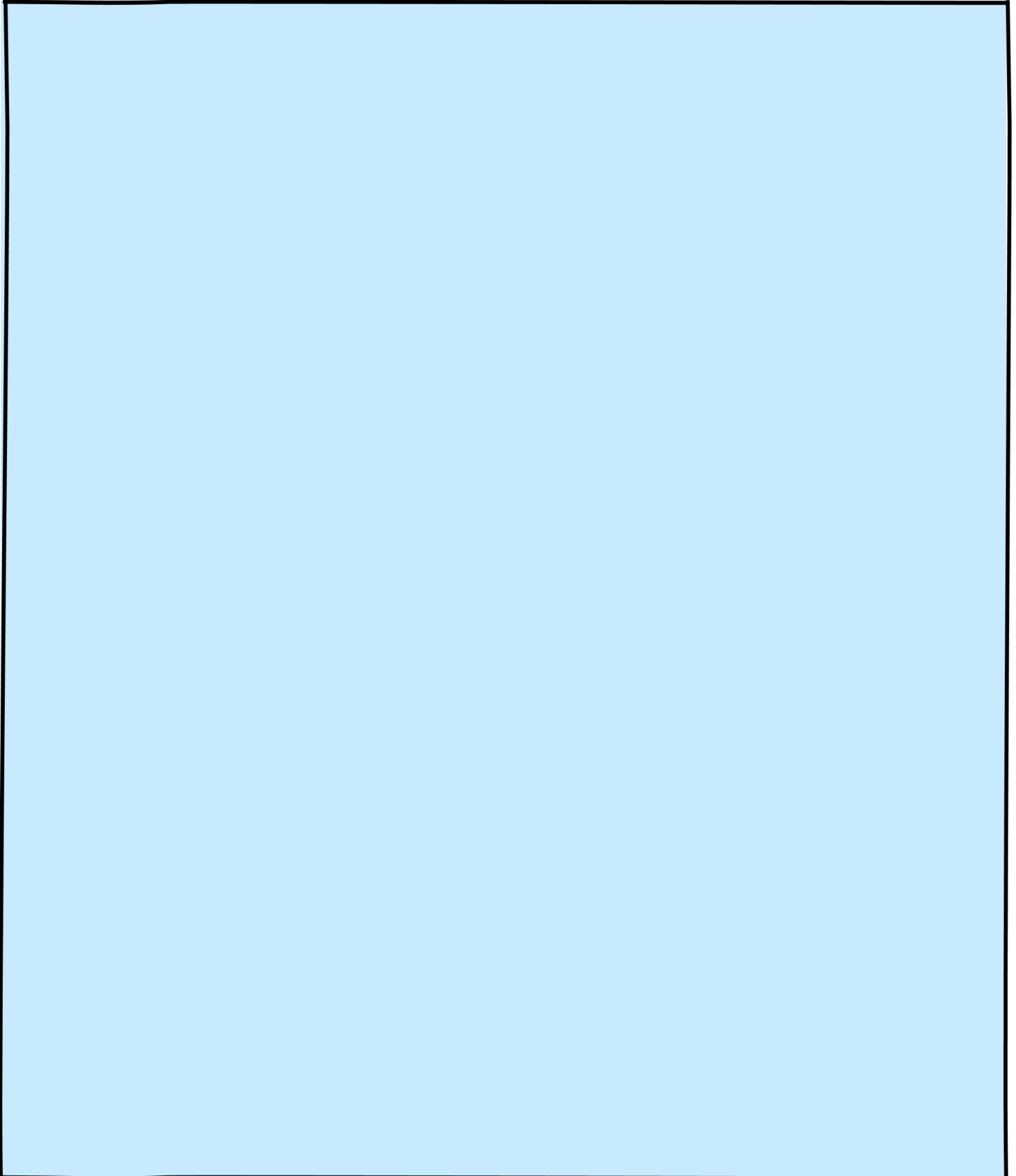
ANXIETY STRATEGIES

Add your own anxiety strategies to the list!

A large, empty green rectangular box with a black border, intended for writing anxiety strategies. The box is oriented vertically and occupies most of the lower half of the page.

WORRY JAR

Write down your random, little worries. Writing them down can make them feel smaller.

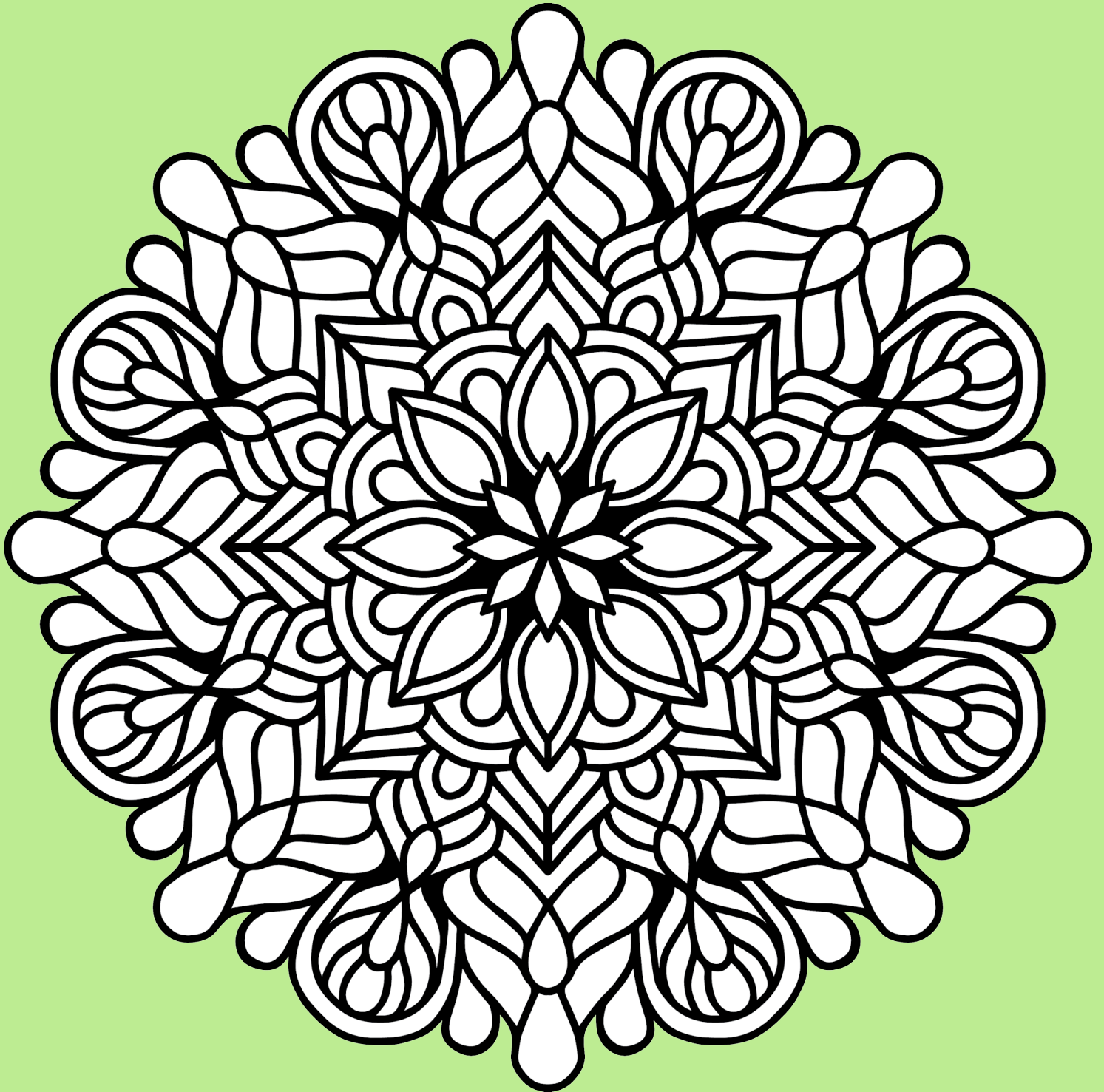
A large, empty light blue rectangular box with a black border, intended for writing down worries.

THE JUNK DRAWER

Anxious about something old and irrelevant but it's still on your mind? Toss it in the junk drawer.

INHALE. EXHALE.

Trace this mandala with your finger and just let your mind rest. Keep going until you feel yourself calming.



30 DAY ANXIETY CHALLENGE

Make one anxiety goal for the next month.	Start exploring the root of any negative thoughts.	Work on a not-good-for-you coping skill.	Build up your courage to face something you're avoiding.	Reach out to your support system about an anxious thought.
Change one thing in your day that will improve your anxiety.	Check in with your anxiety goal and reevaluate.	Make sure your social media feeds are anxiety free.	Eat today in a way that feels good to body, mind, and soul.	Make a list of anxiety-inducing things you've overcome.
Practice a new breathing technique.	Focus on sleep and rest and a healthy bedtime.	Make a list of three anxieties you want to work on.	Work on your self-talk, no mean words directed at yourself.	List your physical effects of anxiety. Work on one.
Work on going with the flow instead of resisting.	List things you avoid because of your anxiety. Share it.	Create an emergency list for when your anxiety is high.	Do a full body scan. Where are you holding your anxiety?	What does your anxiety need from you today?
Spend 20 minutes listening to nature sounds.	Strengthen one of your coping skills by doing some research.	Practice mindfulness. Pull yourself back to the present.	Do something that helps you recharge where you feel drained.	Have self-compassion for yourself and your anxiety.
Go somewhere that relaxes you and eases anxiety.	Do a yoga routine on Youtube specifically for anxiety.	Read something that's good for your mental health.	Repair something that's been damaged by your anxiety.	Check in with your goal from day one. What's your progress?

ANXIETY TODAY: DAY 1

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 2

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 3

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 4

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 5

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 6

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 7

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 8

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 9

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 10

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 11

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 12

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 13

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 14

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 15

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 16

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 17

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 18

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 19

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 20

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 21

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 22

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 23

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 24

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 25

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 26

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 27

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 28

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 29

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY TODAY: DAY 30

Date:

Scale of 1-10:

Sources of Anxiety

Coping Skills to Use.

Worries and Anxious Thoughts

Your Needs Today

ANXIETY POINTS

Activity: Something that makes you anxious. Point Increase: How many anxiety points does it give you?

[illegible]

ANTI-ANXIETY POINTS

Activity: Something that makes you less anxious. Point Reduction: How many anxiety points does it take away?

[illegible]

ANXIETY POINTS

Activity: Something that makes you anxious. Point Increase: How many anxiety points does it give you?

[illegible]

ANTI-ANXIETY POINTS

Activity: Something that makes you less anxious. Point Reduction: How many anxiety points does it take away?

[illegible]

ANXIETY POINTS

Activity: Something that makes you anxious. Point

Increase: How many anxiety points does it give you?

[illegible]

ANTI-ANXIETY POINTS

Activity: Something that makes you less anxious. Point Reduction: How many anxiety points does it take away?

[illegible]

WORST-CASE SCENARIO

What's the worst that could happen? How would you get through it?

Worst Outcome	Survival Plan

WORST-CASE SCENARIO

What's the worst that could happen? How would you get through it?

Worst Outcome	Survival Plan

WORST-CASE SCENARIO

What's the worst that could happen? How would you get through it?

Worst Outcome	Survival Plan

WISE MIND

Write your emotional reaction, your reasonable reaction, and then combine them into a wise mind response.

Emotional	Reasonable	Wise Mind

WISE MIND

Write your emotional reaction, your reasonable reaction, and then combine them into a wise mind response.

Emotional	Reasonable	Wise Mind

WISE MIND

Write your emotional reaction, your reasonable reaction, and then combine them into a wise mind response.

Emotional	Reasonable	Wise Mind

MOMENTS OF MINDFULNESS

Write down the little details of what's around you.

Date:

Date:

Date:

Date:

Date:

Date:

MOMENTS OF MINDFULNESS

Write down the little details of what's around you.

Date:

Date:

Date:

Date:

Date:

Date:

MOMENTS OF MINDFULNESS

Write down the little details of what's around you.

Date:

Date:

Date:

Date:

Date:

Date:

ASK FOR WHAT YOU NEED

It's hard to ask for what you need - try. Whether it's a parent, partner, boss, or friend what do you need?

[illegible]

ASK FOR WHAT YOU NEED

It's hard to ask for what you need - try. Whether it's a parent, partner, boss, or friend what do you need?

[illegible]

ASK FOR WHAT YOU NEED

It's hard to ask for what you need - try. Whether it's a parent, partner, boss, or friend what do you need?

[illegible]

EMOTION REGULATION

What emotion are you feeling? What's causing that emotion? What is a healthy action you can take?

[illegible]

EMOTION REGULATION

What emotion are you feeling? What's causing that emotion? What is a healthy action you can take?

[illegible]

EMOTION REGULATION

What emotion are you feeling? What's causing that emotion? What is a healthy action you can take?

[illegible]

MIND READING

What things are you worried others are thinking?
What are their real feelings or probable real feelings?

Mindreading	Truth

MIND READING

What things are you worried others are thinking?
What are their real feelings or probable real feelings?

Mindreading	Truth

MIND READING

What things are you worried others are thinking?
What are their real feelings or probable real feelings?

Mindreading	Truth

PREDICTING THE FUTURE

What things are worrying you? What can you do to focus on the now?

Anxious Prediction	Actions for Now

PREDICTING THE FUTURE

What things are worrying you? What can you do to focus on the now?

Anxious Prediction	Actions for Now

PREDICTING THE FUTURE

What things are worrying you? What can you do to focus on the now?

Anxious Prediction	Actions for Now

OVERGENERALIZING

What's the overgeneralization? What are the facts?

Overgeneralized Thought	Accuracy + Evidence

OVERGENERALIZING

What's the overgeneralization? What are the facts?

Overgeneralized Thought	Accuracy + Evidence

OVERGENERALIZING

What's the overgeneralization? What are the facts?

Overgeneralized Thought	Accuracy + Evidence

THE POSITIVES

Feeling anxious? What positive things do you need to remember right now?

Date:

Date:

Date:

Date:

Date:

Date:

THE POSITIVES

Feeling anxious? What positive things do you need to remember right now?

Date:

Date:

Date:

Date:

Date:

Date:

THE POSITIVES

Feeling anxious? What positive things do you need to remember right now?

Date:

Date:

Date:

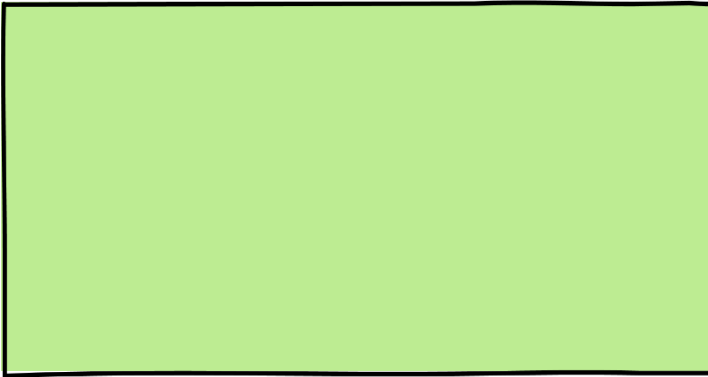
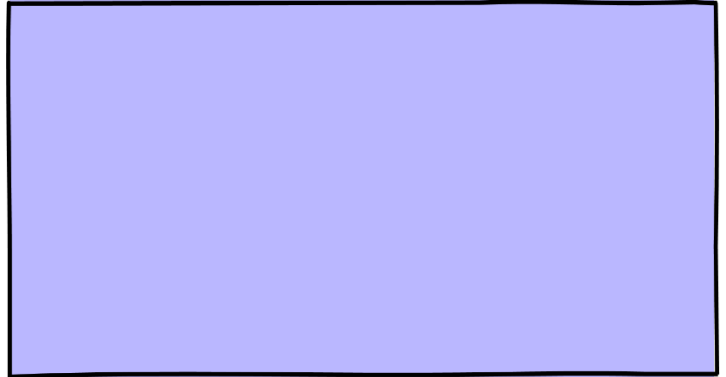
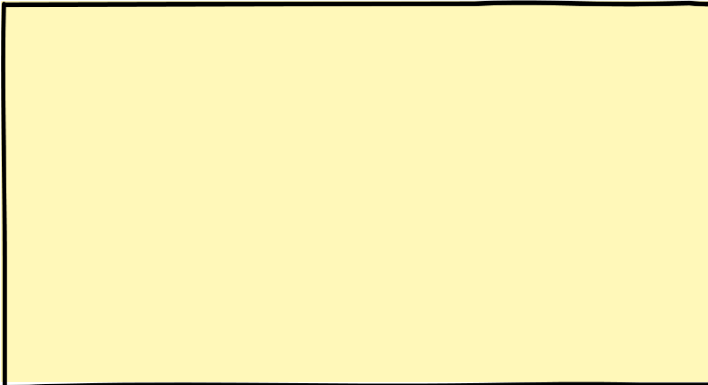
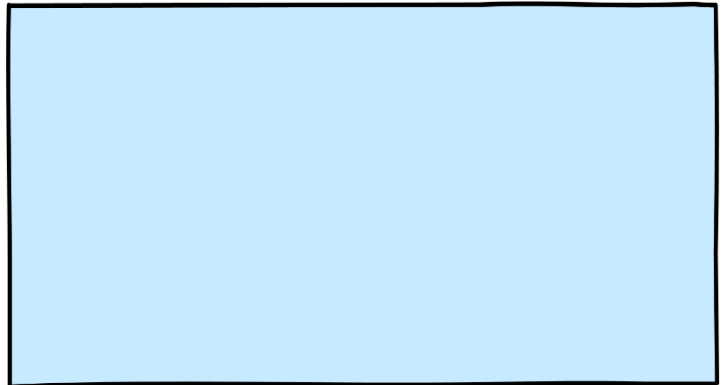
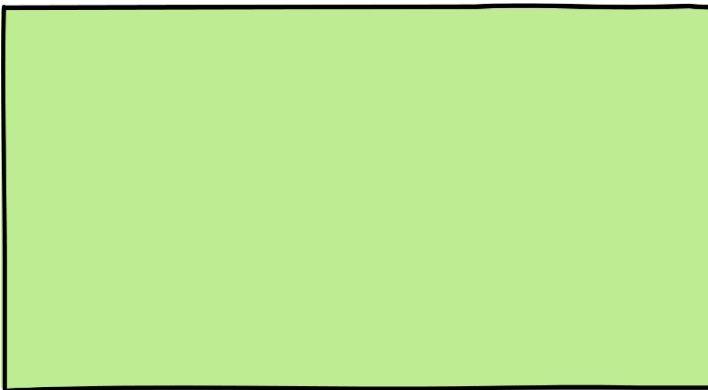
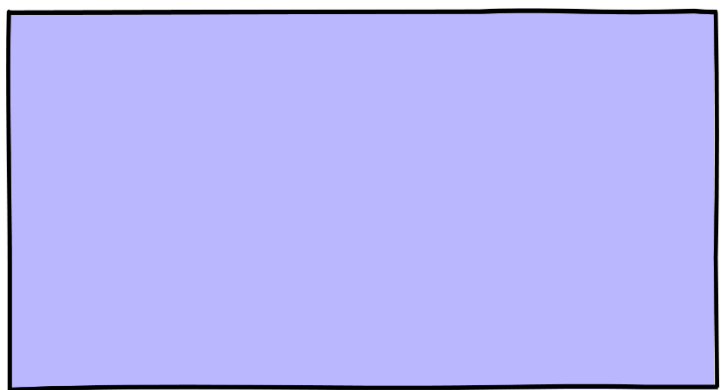
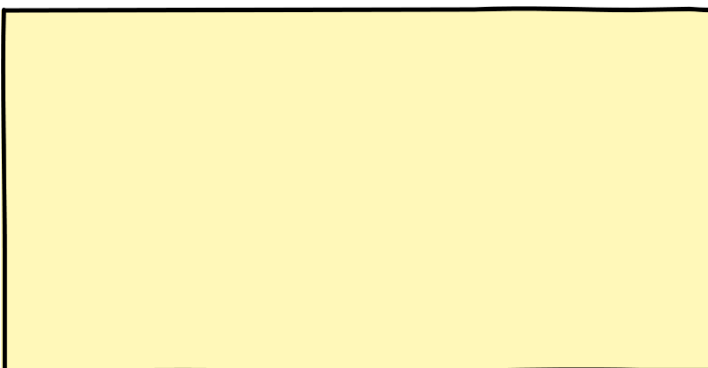
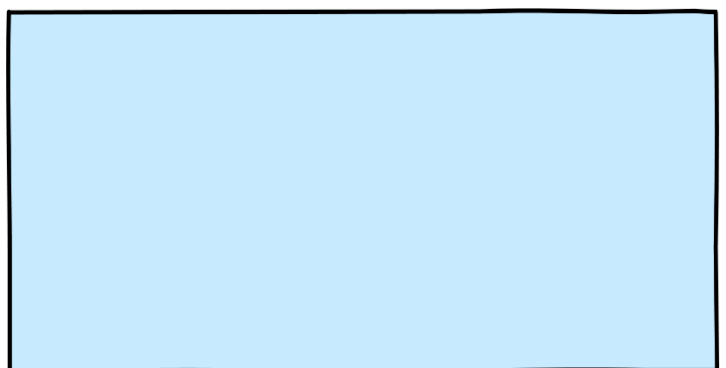
Date:

Date:

Date:

BRAVERY RECORDS

Remember all the times when you faced your anxiety and got through it? Write them down!

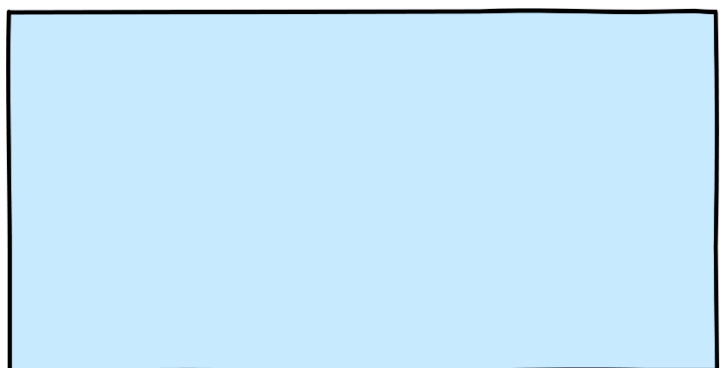
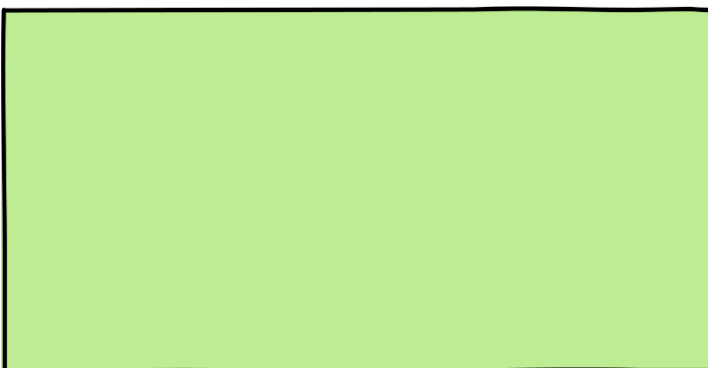
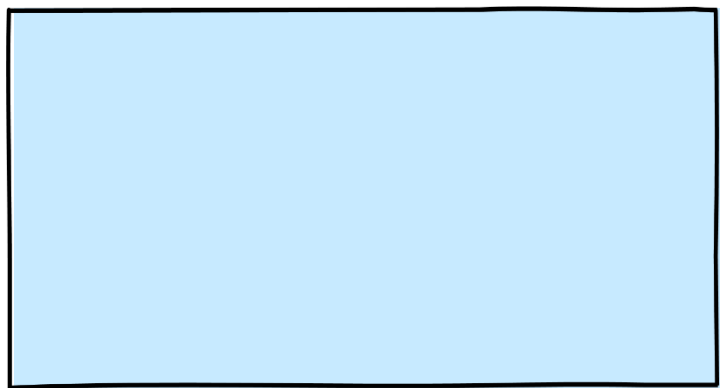
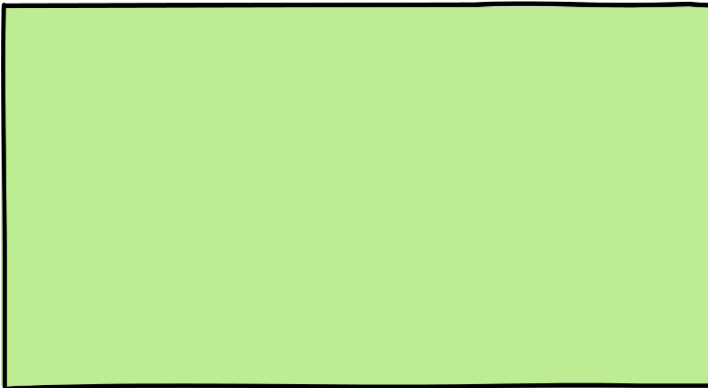
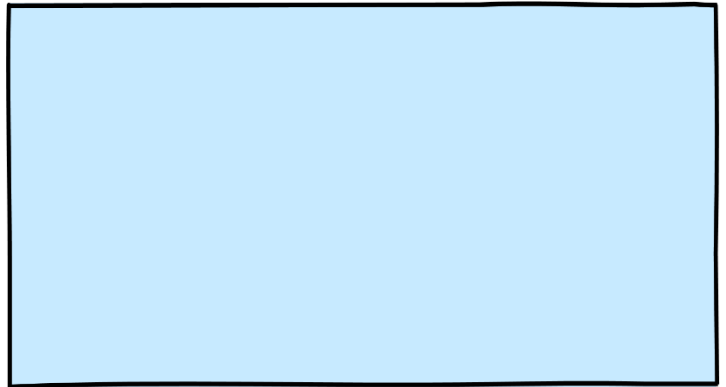
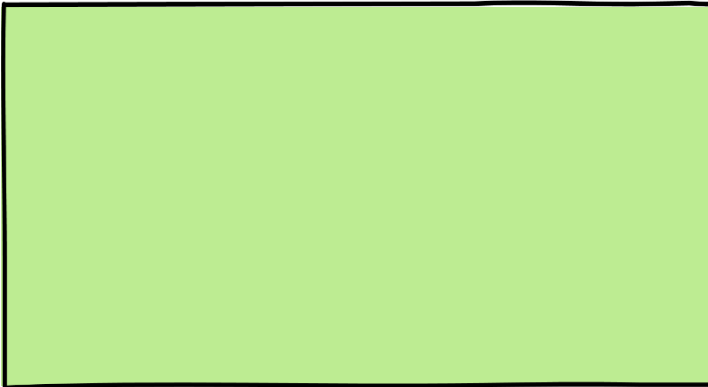
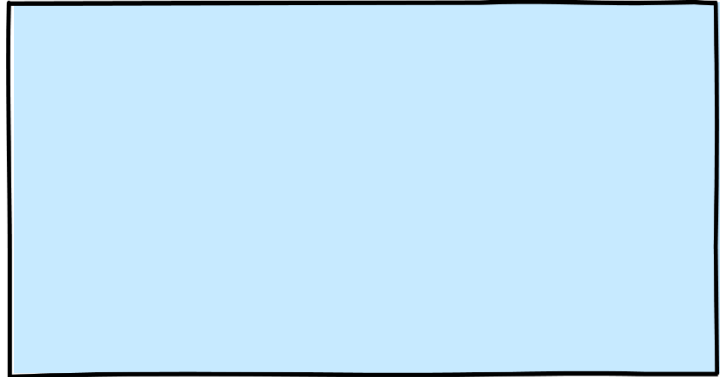
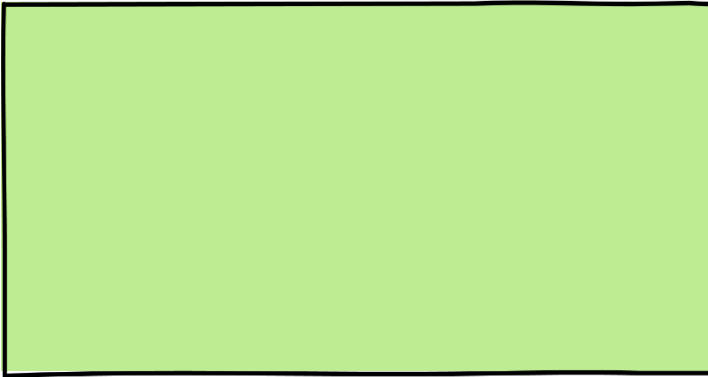
A solid green rectangular box with a black border, intended for writing a bravery record.A solid purple rectangular box with a black border, intended for writing a bravery record.A solid yellow rectangular box with a black border, intended for writing a bravery record.A solid light blue rectangular box with a black border, intended for writing a bravery record.A solid green rectangular box with a black border, intended for writing a bravery record.A solid purple rectangular box with a black border, intended for writing a bravery record.A solid yellow rectangular box with a black border, intended for writing a bravery record.A solid light blue rectangular box with a black border, intended for writing a bravery record.

BRAVERY RECORDS

Remember all the times when you faced your anxiety and got through it? Write them down!

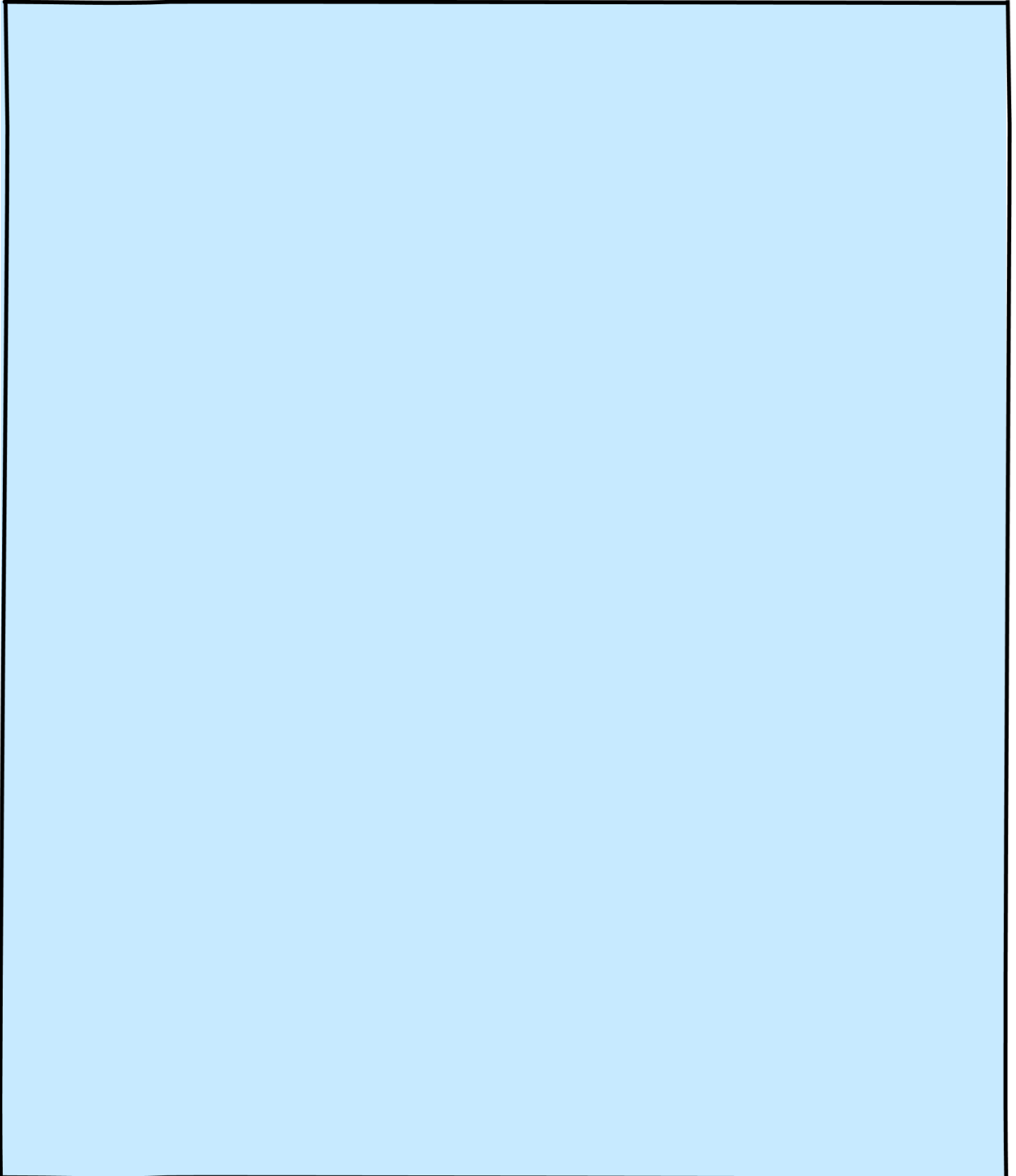
BRAVERY RECORDS

Remember all the times when you faced your anxiety and got through it? Write them down!



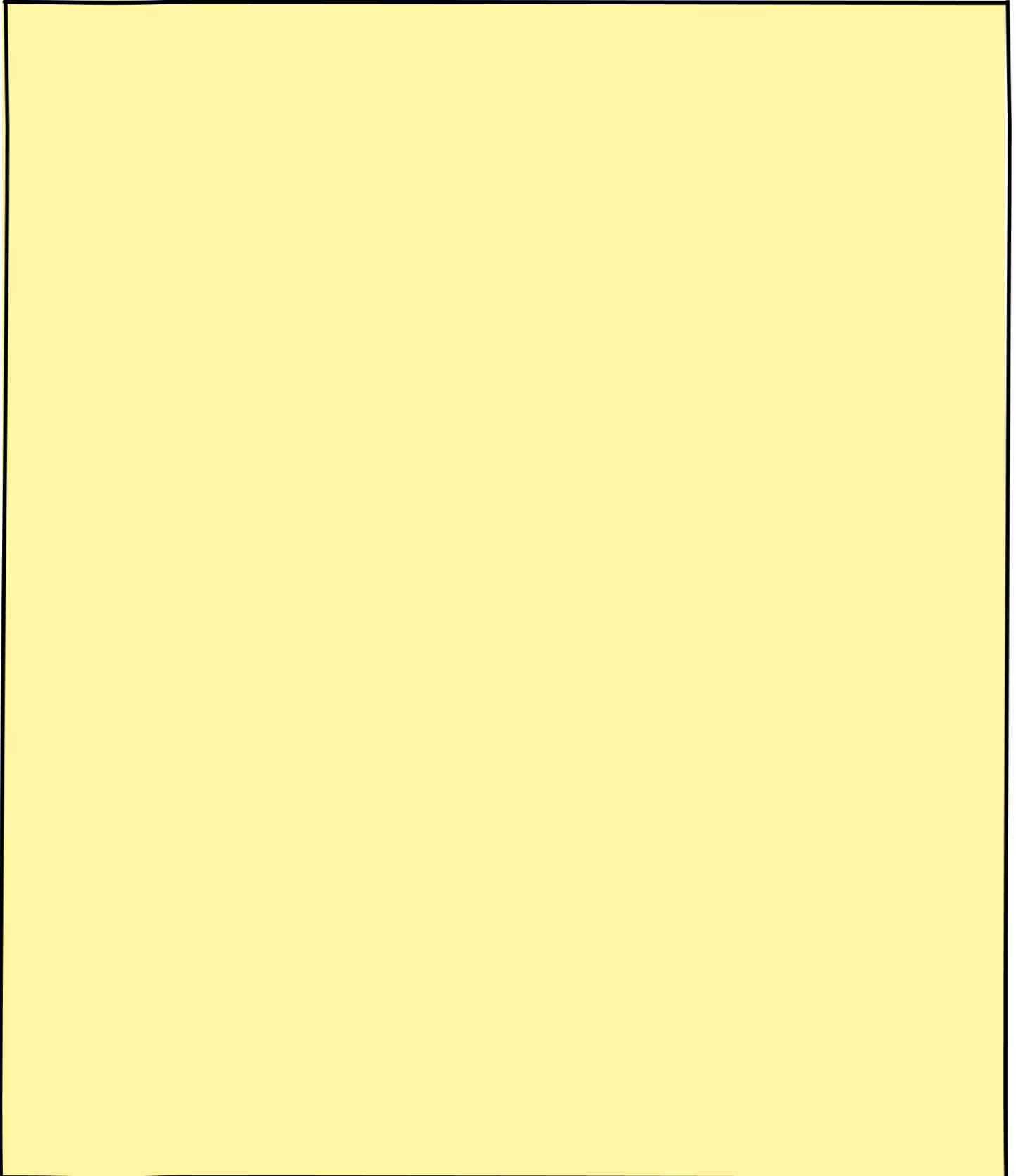
WORRY JAR

Write down your random, little worries. Writing them down can make them feel smaller.

A large, empty light blue rectangular box with a black border, intended for writing down worries.

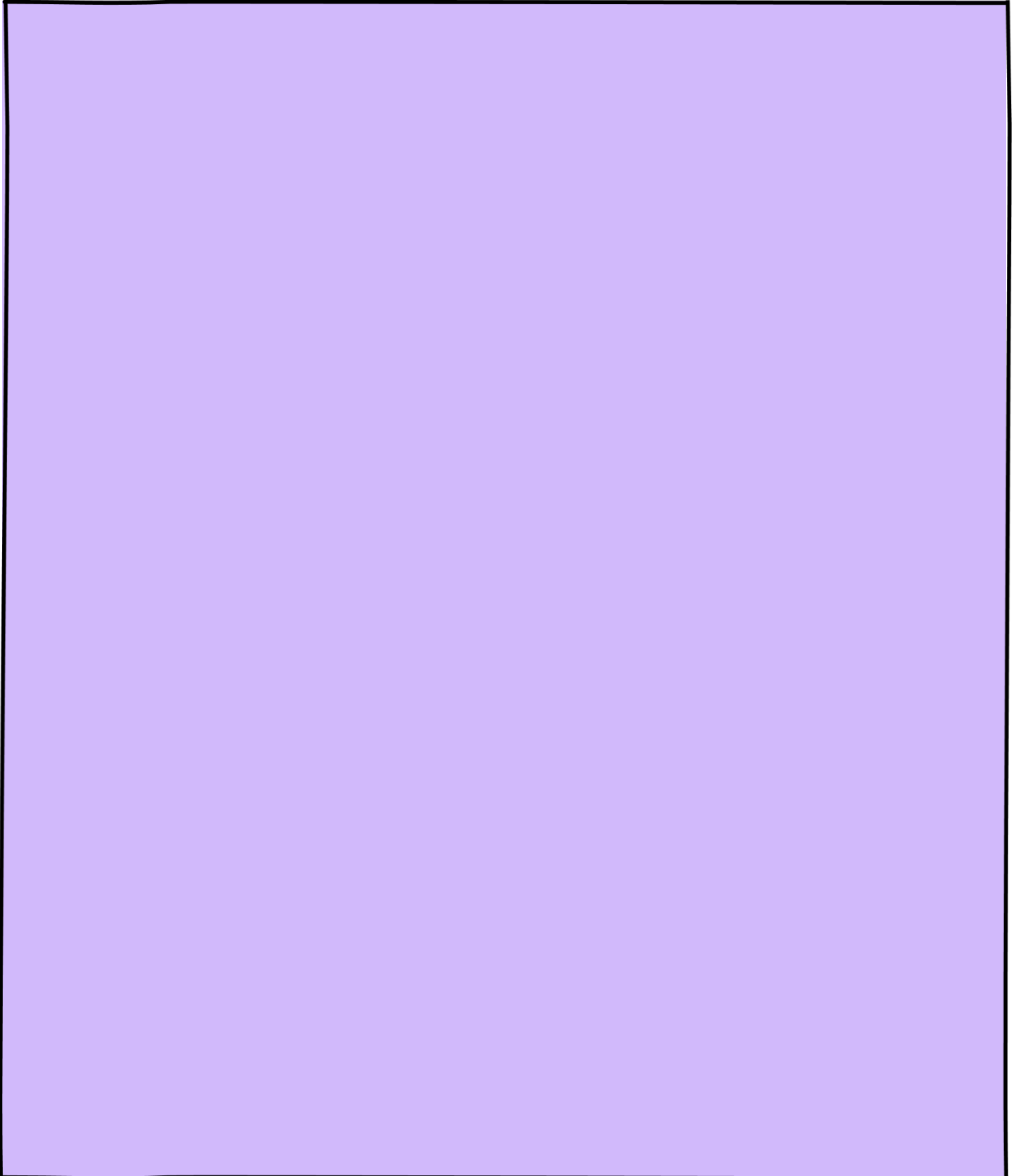
WORRY JAR

Write down your random, little worries. Writing them down can make them feel smaller.

A large, empty yellow rectangular area with a black border, intended for writing down worries.

WORRY JAR

Write down your random, little worries. Writing them down can make them feel smaller.

A large, empty rectangular box with a black border, intended for writing down worries. The box is light purple and occupies the majority of the page below the title and instructions.

THE JUNK DRAWER

Anxious about something old and irrelevant but it's still on your mind? Toss it in the junk drawer.

THE JUNK DRAWER

Anxious about something old and irrelevant but it's still on your mind? Toss it in the junk drawer.

THE JUNK DRAWER

Anxious about something old and irrelevant but it's still on your mind? Toss it in the junk drawer.



Thank you so much for purchasing this workbook. I am so passionate about mental health and breaking the stigma. When we work on healing ourselves, it's a drop in the bucket toward healing the world. Doing this work? It doesn't just change your life but it also shapes the world around you and the people around you. You are the ripple in the pond and you are more powerful than you know.

If you want more information about mental health, self-care, and personal growth then I invite you to visit my website

www.BlessingManifesting.com

I also publish a yearly Self-Love Workbook + Planner, including one for mental health!

If you'd like to get in touch, email me at

Dominee@BlessingManifesting.com!

I also donate digital copies of the workbook to nonprofit organizations. Pass that info along!

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