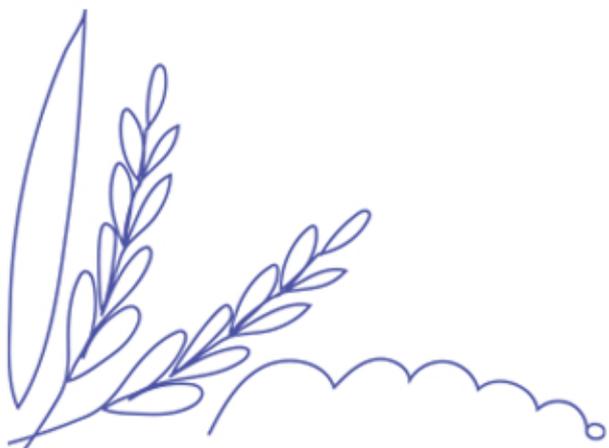




# ANXIETY RELIEF JOURNAL

This journal is a safe space to manage your anxiety gently. These pages help you understand what you feel, track your thoughts, work through triggers, and calm your mind through guided exercises.





## ANXIETY TRACKER PAGE (DAILY LOG)

Date \_\_\_\_\_

Anxiety Level

1 2 3 4 5 6 7 8 9 10



Trigger / Situation

Physical symptoms

Thoughts I had

What helped me cope

How I feel now



## THOUGHT REFRAMING WORKSHEET (CBT STYLE)

### Anxiety thought Reframe

Situation	Anxious Thought	Evidence Against	Calmer Thought

### Trigger and Pattern Log

My Common Triggers

- 
- 
- 
- 

Healthier responses I want to build

- 
- 
- 
- 

### How I usually react

Thoughts

Physical response

Emotions



## GROUNDING TECHNIQUE

In case of Anxiety attack

Use all 5-4-3-2-1 Method

5 things I can see

4 things I can touch

3 things I can hear

2 things I can smell

1 thing I can taste

## Box Breathing(Repeat 4 times)

Inhale 4 sec

Hold 4 sec

Exhale 4 sec

Hold 4 sec

## Affirmations

I am safe right now

This feeling will pass

I have survived this before

My thoughts are not facts

## ANXIETY EPISODE REFLECTION

After an Anxiety Moment

What triggered my anxiety

How my body reacted

What I did to cope

What I wish I had done instead

What I learned



## CALMING PROMPTS

### What does my anxiety try to protect me from?

What do I need right now to feel safe?

If I could speak to my anxiety, what would I say?

What's something that made me feel calmer recently?

What am I afraid will happen and how likely is it really?

What helps my body relax?

A thought I want to release today

One thing I can control right now is

My safe person, space, or activity is

What would I tell a friend feeling what I feel?







## Doodle

## EMERGENCY CALM PAGE

### When I feel panic coming

Breathe slowly

Drink water

Touch something cold

Count backwards from 10

Call / message someone

### People I can reach out to

