

Anxiety Management Plan

TODAY I AM FEELING ANXIOUS ABOUT...

I WILL ALLOW MYSELF TO FEEL ANXIETY OVER [choose 2 anxious thoughts]...

TO ELIMINATE THIS STRESSOR, TODAY I WILL ...

TO ELIMINATE THIS STRESSOR, TODAY I WILL ...

M

Empty box for Monday notes.

T

Empty box for Tuesday notes.

W

Empty box for Wednesday notes.

WEEKLY AFFIRMATION

Empty box for weekly affirmations.

Weekly Anxiety Tracker

- Gratitude Journal
- Followed
- Management Plan
- Followed Two
- Thought Triggers
- Approach
- Talked to a Friend
- or Therapist
- Social Media Break
- Went for a Walk
- Yoga
- Medication
- Followed Night
- Detox Routine

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F

S

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NOTES