

# ANXIETY

COPING WITH ANXIETY

*A workbook designed to help  
you manage your anxiety*

# **Anxiety Relief**

Obsessive worry keeps us stuck in our minds, not allowing us to enjoy our lives. And although it is not easy to escape this harmful behavior, that can lead to high levels of anxiety, there are several strategies that can help. Try each strategy and find out which ones make a difference in your life.

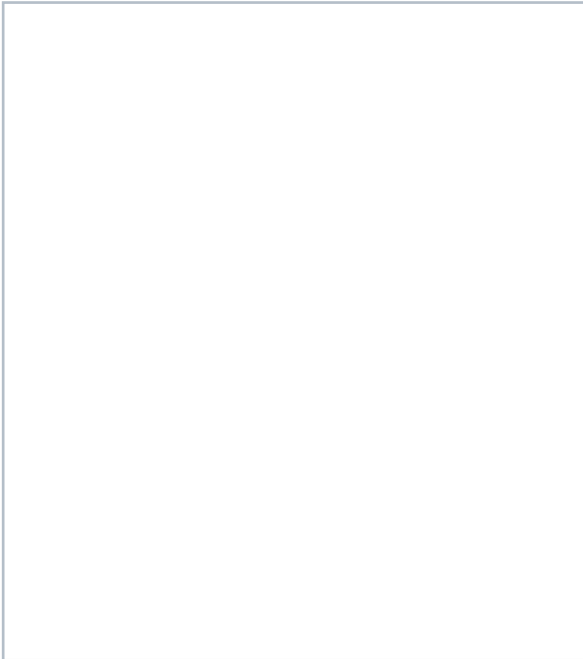
# BEING PRESENT

Anxiety comes from having our minds traveling in the past or in a possible future. Therefore, bringing our minds to the present moment is the best way to calm ourselves down. Focus your attention on your breath and notice that you have no choice but to be in the present moment. Now, look around you. Being in the present moment arises gratitude spontaneously. So, take some time to write down all the things and people you are grateful for. You can do this anytime and anywhere to bring yourself back to the present moment.

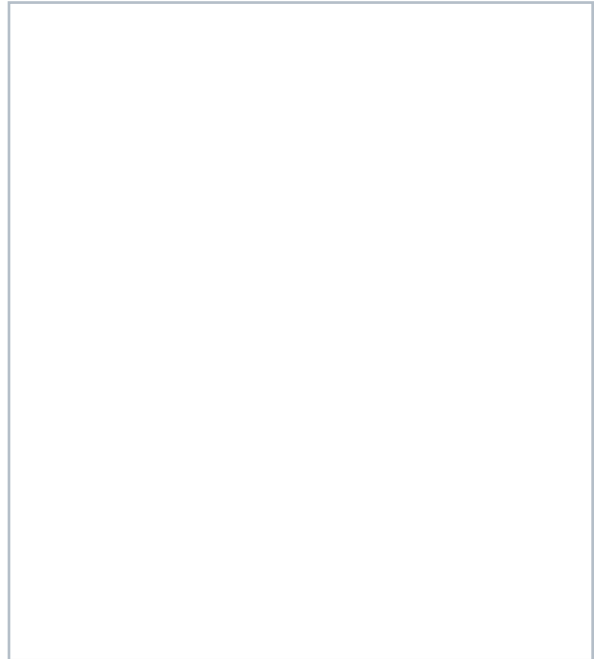

# CONNECTING WITH MY SOUL

Taking time to connect and nourish our soul improves our overall wellbeing. This is even more important when we are feeling anxious because it can help us shift to a calmer and happier state of mind. Write down all the activities that help you connect with your soul and use this list as a roadmap to help shift your focus in moments of anxiety. Check the inspiration board in the next page for ideas.

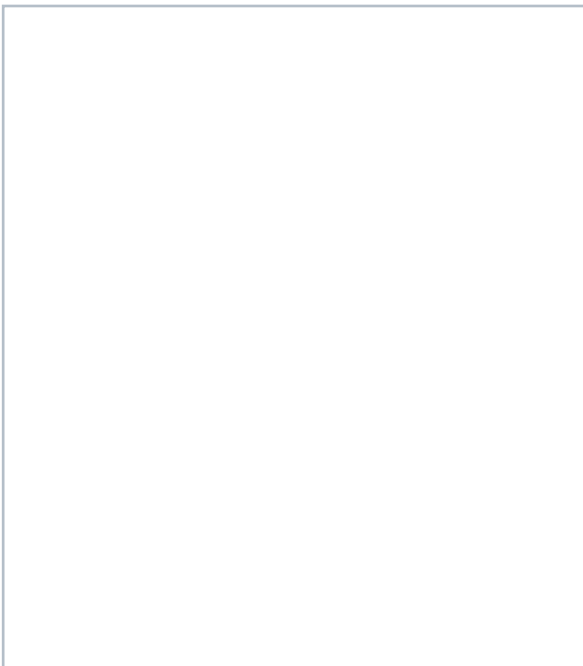
ACTIVITIES I LOVE DOING AT HOME

A large, empty rectangular box with a thin grey border, intended for writing down activities the user loves doing at home.

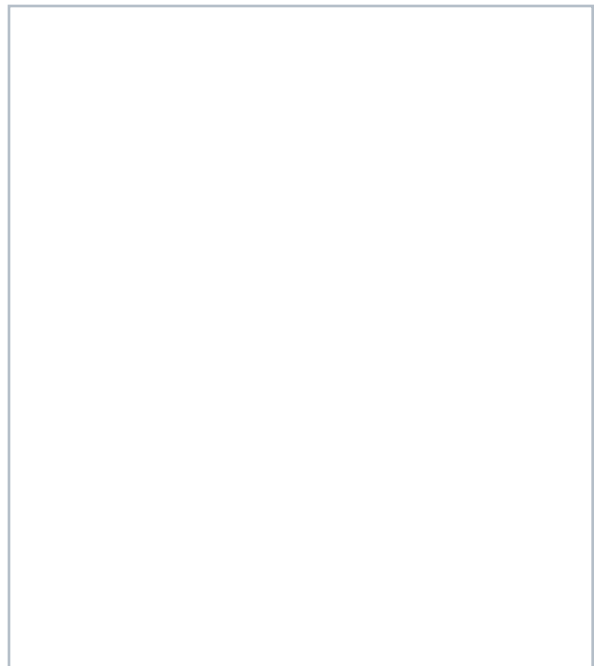
ACTIVITIES I LOVE DOING OUTSIDE

A large, empty rectangular box with a thin grey border, intended for writing down activities the user loves doing outside.

ACTIVITIES I LOVE DOING WITH OTHERS

A large, empty rectangular box with a thin grey border, intended for writing down activities the user loves doing with others.

ACTIVITIES I'M EXCITED TO TRY

A large, empty rectangular box with a thin grey border, intended for writing down activities the user is excited to try.

# INSPIRATION BOARD

BUY YOURSELF FLOWERS	CRAFT SOMETHING	GO TO A MUSEUM	COLOR A MANDALA	DO SOME GARDENING
LISTEN TO MUSIC	PAINT YOUR NAILS	LISTEN TO A PODCAST	MEDITATE	HAVE A HOMEMADE SPA SESSION
WRITE OR READ POETRY	MAKE ORIGAMI	TAKE PHOTOS OF INSPIRING THINGS	WALK IN NATURE	COOK SOMETHING
DO SOMETHING YOU LOVED AS A KID	WRITE IN YOUR JOURNAL	PLAY A SPORT OR DO YOGA	VOLUNTEER LOCALLY	PLAY WITH A PET
WATCH A TED TALK	WRITE DOWN MOTIVATIONAL QUOTES	MAKE A GRATITUDE LIST	TAKE A LONG HOT BATH	READ A BOOK
LEARN TO PLAY AN INSTRUMENT	CLEAN OUT A JUNK DRAWER	HAVE A PICNIC	DO A CROSSWORD PUZZLE	TAKE A LONG DEEP BREATH
EXPLORE SOMEWHERE NEW	WALK A DOG	WATCH YOUR FAVORITE MOVIE	DANCE LIKE NOBODY IS WATCHING	WRITE A CUTE NOTE TO A FRIEND
DO A PUZZLE	CREATE ARTWORK	DRAW OR DOODLE	CREATE A NEW PLAYLIST	DECLUTTER YOUR HOUSE

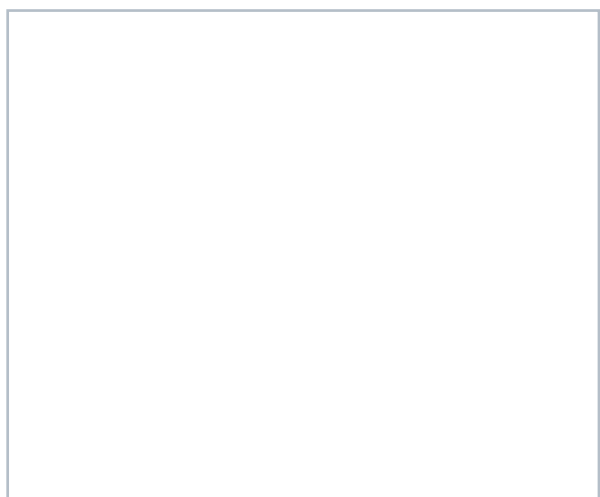
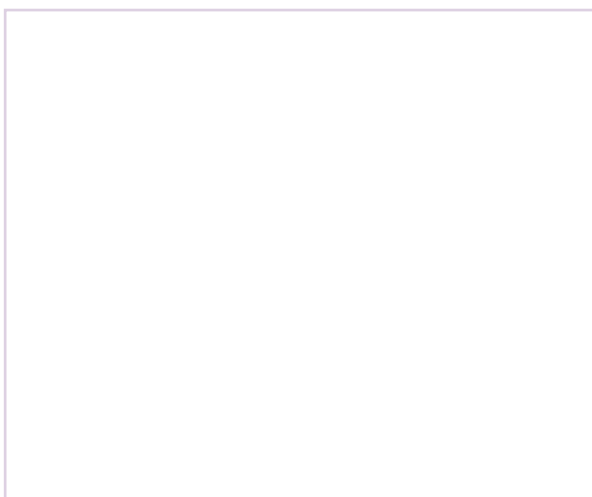
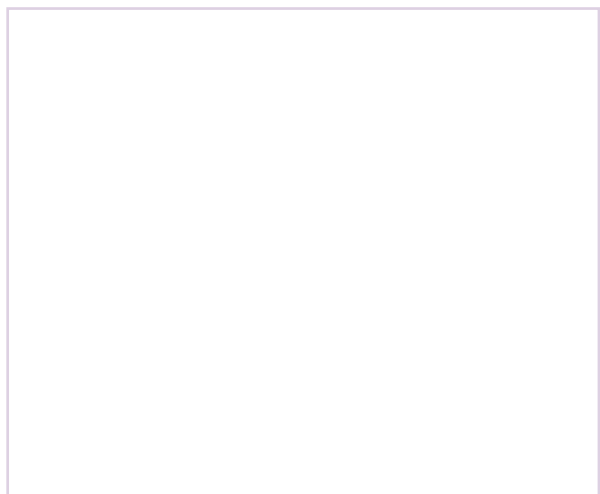
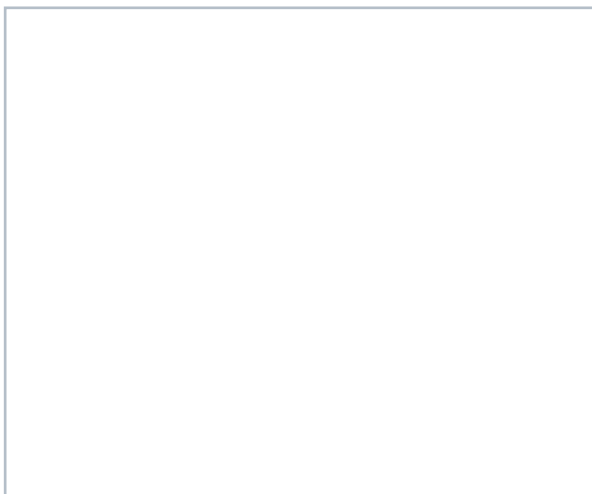
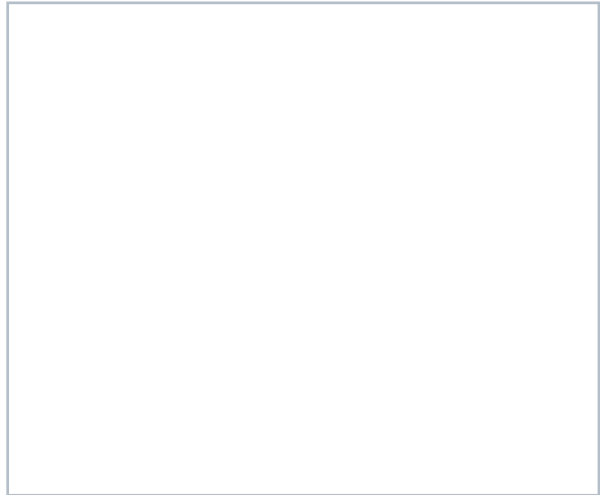
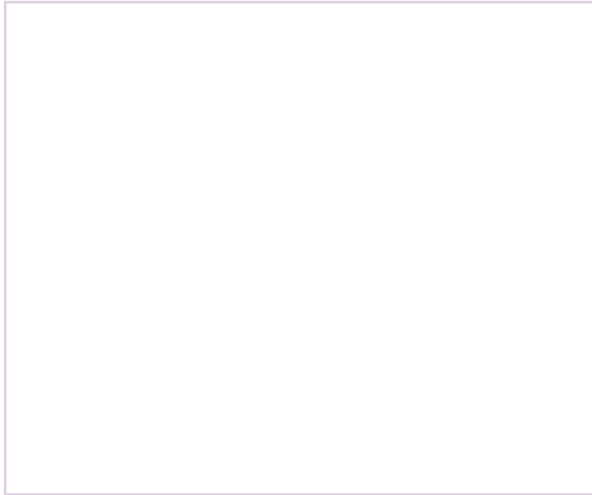
# MY SURVIVAL PLAN

Coming up with a survival plan for the worst-case scenario can, by itself, calm our anxiety. Ask yourself what's the worst that could happen regarding each worry that you have at the moment and what you would do if in fact each of these scenarios became a reality. You know that it is very unlikely that these scenarios will come true, but if that happens you already have a plan and that brings peace of mind even if it is not the ideal scenario.

THE WORST THAT COULD HAPPEN	MY SURVIVAL PLAN

# ACTS OF COURAGE

Remember all those times when you faced your anxiety and got through it? Write them down! Describe how hard and scary were those situations and what helped you stay strong back then. Acknowledging these experiences will help you develop confidence in yourself. Plus, you may find that you can use the same strategies to deal with future situations.



# EMOTIONAL SUPPORT

Sometimes all we need is someone to listen to us or help us get distracted. Create an emotional support list with your special people. Write their name and why they're on this list. Are they good at advice? Comforting? Listening? Distracting? This will be your support system to reach out in those moments. If you are struggling but you don't know what to say, check in the next page 8 ways to reach out.

SPECIAL PERSON	WHY IT IS ON THIS LIST



# 8 WAYS TO REACH OUT

"I'M STRUGGLING WITH ANXIETY,  
BUT I'M NOT READY TO TALK  
ABOUT IT. CAN YOU HELP ME  
DISTRACT MYSELF?"

"I'M STRUGGLING WITH  
ANXIETY AND WHAT I'VE BEEN  
TRYING ISN'T WORKING. CAN WE  
(MEET UP/SKYPE/ETC) ON (DATE)  
AND COME UP WITH  
A BETTER PLAN?"

"I'M NOT SURE WHAT TO ASK FOR,  
BUT I DON'T WANT TO BE ALONE  
RIGHT NOW. CAN YOU COME  
OVER?"

"I'M HAVING A HARD TIME TAKING  
CARE OF MYSELF. I NEED EXTRA  
SUPPORT RIGHT NOW AROUND  
(TASK). CAN YOU HELP?"

"I'VE BEEN FEELING SO LOW  
LATELY. DO YOU WANT TO GO OUT  
AND DO SOMETHING FUN?"

"I'M STRUGGLING RIGHT NOW AND  
I NEED TO TALK TO SOMEONE. CAN  
I GIVE YOU A CALL TONIGHT?"

"I KNOW WE DON'T TALK MUCH,  
BUT I'M GOING THROUGH A TOUGH  
TIME AND I FEEL LIKE YOU'RE  
SOMEONE I CAN TRUST. ARE YOU  
FREE TO TALK (DAY/TIME)?"

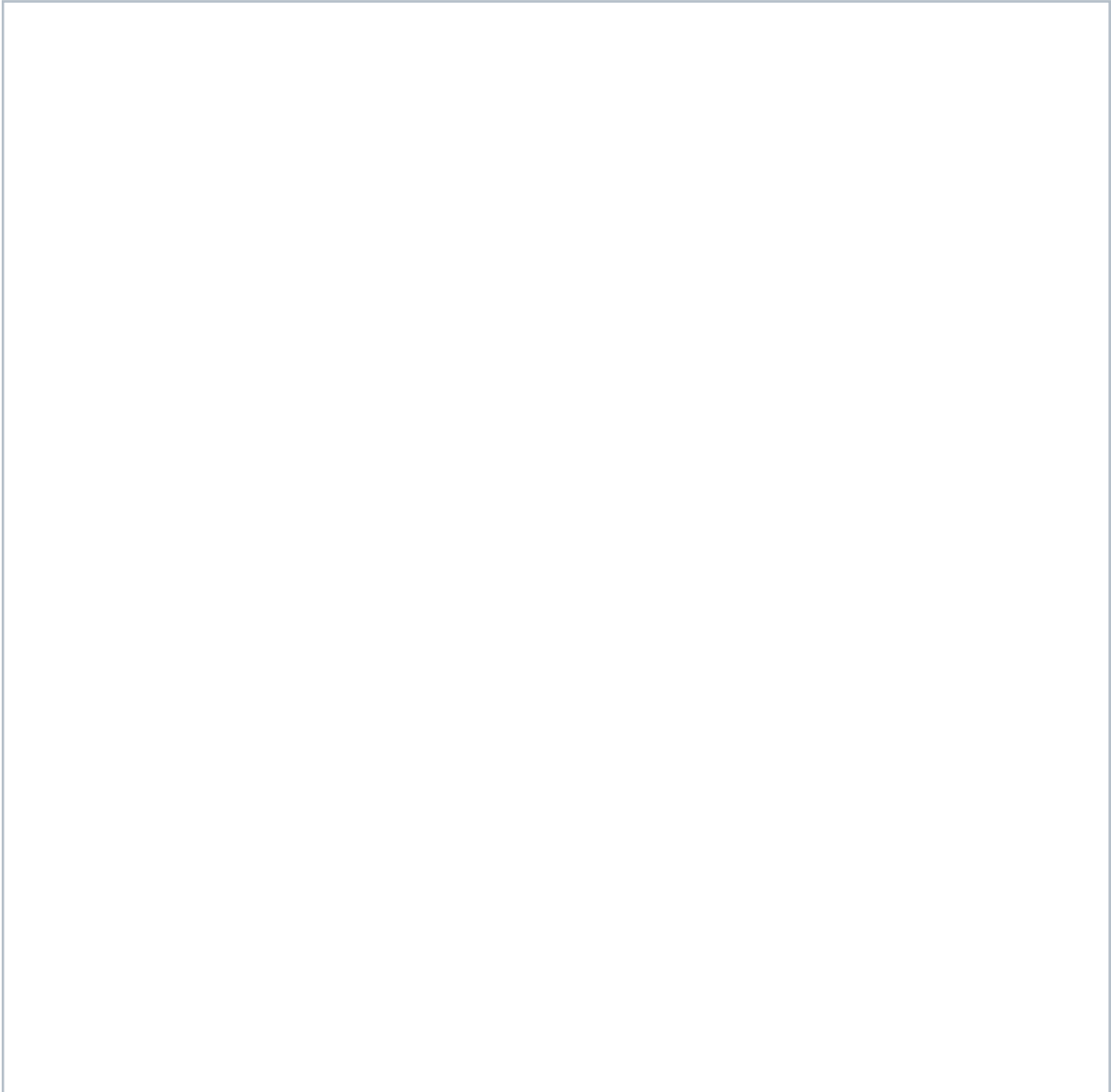
"I'M STRUGGLING WITH ANXIETY  
RIGHT NOW. CAN YOU STAY ON THE  
PHONE WITH ME/COME OVER  
UNTIL I FEEL BETTER?"

# Be Prepared

We all have worry patterns and by discovering yours you can better prepare yourself to handle these anxiety-generating situations. Defining anchor thoughts for each pattern is extremely helpful. They calm us down and help us shift our mindset preventing our worries from evolving to high levels of anxiety.

# WORRY PATTERNS

Discover your worry patterns by observing your daily worries. For a whole day log all the worries that you had and pay attention to what triggered each worry. Where were you? Who were you with? What happened? Then, write down your worry patterns. If you can't yet identify them, repeat this exercise for a few more days.



MY WORRY PATTERNS · I ALWAYS WORRY WHEN · I WORRY EVERY TIME THAT

# MINDSET SHIFT

Now that you have identified your worry patterns it's time to create anchor thoughts. To be effective they need to be related with what you are doing. It can be a happy memory from the past or an exciting thought about something that is going to happen soon. Check the example below and write possible anchor thoughts for each of your worry patterns.

WORRY PATTERN	ANCHOR THOUGHT
<p><i>I worry every time I need to take a flight because I'm afraid that the plane will crash</i></p>	<p><i>My anchor thought will be about something exciting that I will find at my destination. If I'm flying to visit my newborn nephew, I'll imagine the cute baby noises he will do, how big the smile of my sister will be...</i></p>

# Keep a Journal

Journaling helps us work through our anxious feelings and improves our mental health. It helps us to organize our thoughts, identify the cause of our anxiety, and create a plan to resolve the situation. Here is a journal that you can pick up at any time to work through a specific worry.

# WORRY JOURNAL

1. WHAT AM I WORRIED ABOUT?

2. WILL WORRY ABOUT THIS HELP ME SOLVE THE SITUATION?

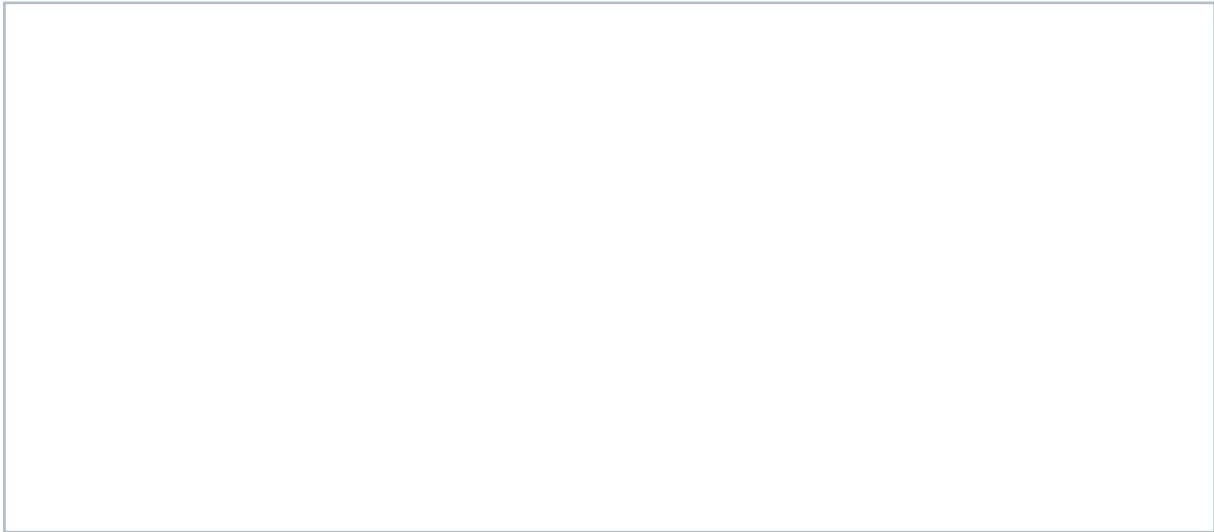
3. CAN I DO SOMETHING ABOUT IT?

In anxious moments this is the best question you can ask yourself. If your answer is YES, write down what you can do about it and get the work done. And if your answer is NO, think about it. Is there any reason to worry about something you cannot change?

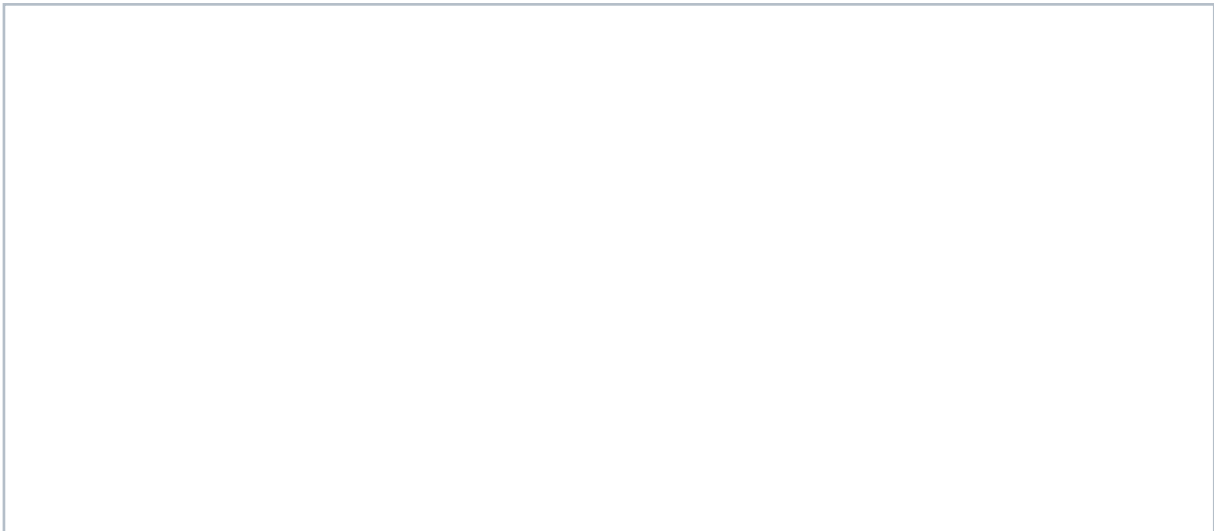
I CAN DO SOMETHING ABOUT IT

I CAN'T DO ANYTHING ABOUT IT

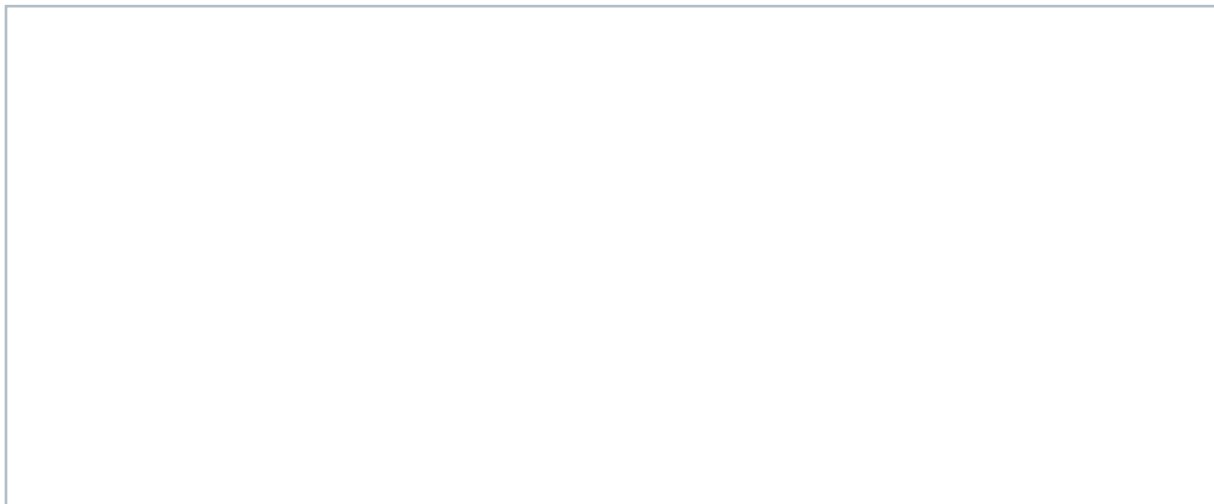
4. WHAT IS THE WORST-CASE SCENARIO THAT COULD HAPPEN?



5. WHAT COULD I DO IF THE WORST-CASE SCENARIO HAPPENED?



6. WHAT CAN I DO NOW TO FEEL BETTER?



# Track Your Journey

Here is a chart to help you track your journey. By tracking your mood and anxiety levels on a daily basis you will have a clear view of your progress. It also includes a notes section where you can write down important details that help you understand why you felt that way on that day.



# MY JOURNEY

MONTH

	MOOD	ANXIETY	NOTES
1	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
2	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
3	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
4	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
5	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
6	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
7	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
8	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
9	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
10	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
11	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
12	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
13	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
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27	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
28	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
29	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
30	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>
31	<input type="text"/>	○ ○ ○ ○ ○	<input type="text"/>

# **Challenge Yourself**

Here are 5 challenges that were designed to help you reduce your anxiety levels and therefore improve your mental wellness and overall wellbeing. Don't worry, you don't need to do them all at once, choose just one to start.

# 5 ANXIETY RELIEF CHALLENGES

1

## DO SOMETHING YOU LOVE

Often, anxiety builds up when we don't get a chance to detox from life's problems. For one week, take at least 10 minutes a day to do something that brings you peace. You can take ideas from the exercise *'connecting with my soul'*.

2

## CULTIVATE COMPASSION

For a week, whenever someone's behavior arouses anxiety or anger in you, remind yourself that you don't know their story and hope that those people will have the strength to overcome whatever is going on. We may think that we know why people act the way they act, but we never clearly know the battle that each person is facing. And the best we can do is to cultivate compassion. It reduces our levels of stress and improves our mental wellness.

3

## WRITE A LETTER

Write letters to those who are still upsetting you. Be honest and raw in each letter but never send them. They don't need to read them but writing them is extremely healing for you.

4

## STOP FOLLOWING

Scroll down through your social media platforms and pay attention to which posts trigger worry and anxiety in you. Your challenge is to unfollow who shared those posts, even if temporarily, so you can see the positive impact in your life. Social media platforms should inspire, teach and entertain us instead of making us feel bad about ourselves.

5

## KEEP A THOUGHTS JOURNAL

Your challenge is simply to journal about your thoughts before bed for a whole week. Just write the thoughts that arise in your mind and resist any urge to self-censor. Let the words flow, be raw and don't worry about spelling and punctuation. Freewriting makes us feel centered and improves immensely the quality of our sleep.