

# UNDERSTANDING MY ANXIETY

## Exploration

### Instructions:

Use this worksheet to spend some time reflecting on how anxiety manifests, and what you know already that can help.

### What happens to you in these areas when you experience anxiety?

Physical symptoms: \_\_\_\_\_

Thoughts: \_\_\_\_\_

Emotions/feelings: \_\_\_\_\_

Impact on academics/grades/studying/classes: \_\_\_\_\_

Impact on relationships/social life: \_\_\_\_\_

Impact on diet/exercise/sleep: \_\_\_\_\_

### Catch. It. Early.

-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10-----

How would you rate your *current* level of anxiety? \_\_\_\_\_

What is the *worst* it ever gets? \_\_\_\_\_

*On average*, what level of anxiety do you live with? \_\_\_\_\_

When are times you *don't feel anxious*? \_\_\_\_\_

What are your anxiety *triggers*? \_\_\_\_\_

What are your *early warning signs* of anxiety? \_\_\_\_\_

What are your *theories* about why you have anxiety in your life? \_\_\_\_\_

### Managing anxiety

What do you do NOW to manage your anxiety/stress? \_\_\_\_\_

What do you think will help? Are there things you have heard of that you would like to try? \_\_\_\_\_

Starting this week, what is one thing you will do differently to lower anxiety? \_\_\_\_\_