

MOOD AND BEHAVIOR: ANXIETY WORKSHEET

Identify your stressors and anxiety:

- Keep a diary to try and identify triggers that worsen anxiety. Avoid triggers if you can. Explore relaxation techniques to help you through them.

Some triggers I've identified are: _____

- Record times when anxiety is worse – it can be an end-of-dose, wearing-off symptom. Also, be sure to take your medicines on time.

Sometimes I've noticed my anxiety is worse when: _____

Treat your anxiety:

- Talk with your doctor about treatment that can include medicine, relaxation techniques, counseling, mindfulness and coping strategies.
- Learn to breathe. Simple exercises consisting of 10–20 slow, steady deep breaths can be calming.

Reduce Stimulants: Avoid nicotine, diet or energy pills, and caffeine.

| Substance | Current Use | Goal for Reducing |
|---------------------|--------------|-------------------|
| Nicotine | _____ x week | _____ x week |
| Energy pills/drinks | _____ x week | _____ x week |
| Diet pills | _____ x week | _____ x week |
| Caffeine | _____ x week | _____ x week |

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Learn and implement relaxation or stress management techniques:

- Ask your doctor about breathing exercises, guided imagery and biofeedback. Use prayer or meditation.

My doctor recommends these techniques: _____

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- Plan relaxation breaks during the day. Take a moment to take a deep breath, slowly inhaling and exhaling 10 times to reduce an anxiety attack.
 - Use soft music, meditative tapes to help you relax. Establish a quiet space at home to relax. Use aromatherapy, soft lighting and soothing music or relaxation CDs to help you relax.

Change your habits:

- Avoid taking on too many tasks or always saying “yes.” Maintain a routine and prioritize by making lists. An occupational therapist can help you with this.
- Exercise helps relieve tension. Gentle stretching helps relieve tension in face, shoulders and back. Try yoga or t’ai chi.
- Talk about your feelings of stress or anxiety with loved ones. Consider sharing your observations about what triggers these feelings and talk about how they can support your efforts to reduce stress and anxiety in your life.
- Take a moment for yourself. Try a soothing cup of tea; chamomile, lemon balm or valerian root may have anxiety-fighting properties.