FREE ANXIETY WORKSHEET

Calm in the *storm*

A guide for handling anxiety. Anxiety is your body's alarm system. It is trying to protect you, but sometimes it rings when there is no fire. These tools help you settle your body and steady your mind.

How anxiety can show up

Racing heart · Tight chest · Shallow breathing · Restlessness · Racing thoughts · Trouble sleeping · Upset stomach · Avoiding things

1 Breathe slower on the way out

Breathe in through your nose for 4, then out through your mouth for 6 to 8. A longer out breath tells your body it is safe. Repeat for two minutes.

2 Name what you're feeling

Say it plainly: "I'm feeling anxious right now." Naming it creates a little space between you and the feeling.

3 Ground yourself

Feel your feet on the floor. Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell and 1 you taste.

4 Check the thought

Anxiety often predicts the worst. Ask: What am I telling myself? Is it a fact or a fear? What would I say to a friend?

5 Set a worry time

Give worries 15 minutes a day. When they come at other times, jot them down and say, "Not now, at worry time."

6 Move your body

Anxiety fills the body with energy. A brisk walk, stretching or a dance in the kitchen helps it move through you.

You are not your anxious thoughts. You are the one who notices them.

You don't have to do this alone.

Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist

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Check the anxious thought

When a worry grabs hold, slow it down on paper. Write the thought, how strongly you believe it (0 to 100%), what supports or questions it, and a more balanced thought.

THE ANXIOUS THOUGHT	HOW STRONGLY I BELIEVE IT	IS IT A FACT OR A FEAR? WHAT ELSE COULD BE TRUE?	A MORE BALANCED THOUGHT

My worry time

When and where will I give my worries 15 minutes?

What I can control

List what is in your hands, and what you can set down.

What I'm choosing to let go of

What I'm thankful for

When to reach out

If anxiety is showing up most days, keeping you from things you used to do, or you're having panic attacks, please talk to a therapist or your doctor. Anxiety is very treatable, and asking for help is an act of strength.