

Managing Anxiety – A Task Focused Worksheet

Anxiety can be a challenging and distressing experience, but with the right strategies and support, it is possible to manage and reduce its impact on your daily life. At Evolve Mental Health, we understand the complexities of anxiety and are here to provide you with practical tasks and tools to cope effectively.

Task 1: Identify Triggers

1. **List Potential Triggers:** Take some time to identify the specific situations, thoughts, or experiences that trigger feelings of anxiety for you. This could include social situations, work-related stress, uncertainty about the future, or intrusive thoughts.
2. **Rate Triggers:** Once you have identified your triggers, rate them on a scale from 1 to 10 based on their level of distress or anxiety. This will help you prioritize which triggers to focus on addressing first.

Task 2: Challenge Negative Thoughts

1. **Recognize Negative Thoughts:** Pay attention to the thoughts and beliefs that contribute to your feelings of anxiety. Notice any patterns of negative thinking, such as catastrophizing, overgeneralization, or black-and-white thinking.
2. **Challenge Negative Thoughts:** Use cognitive restructuring techniques to challenge and reframe negative thoughts. Ask yourself questions such as "Is this thought based on facts or assumptions?" and "What evidence do I have to support or refute this thought?"

Task 3: Practice Relaxation Techniques

1. **Deep Breathing:** Practice deep breathing exercises to promote relaxation and reduce anxiety. Take slow, deep breaths in through your nose, hold for a few seconds, and then exhale slowly through your mouth. Repeat this pattern several times.
2. **Progressive Muscle Relaxation (PMR):** Practice PMR by tensing and then relaxing each muscle group in your body, starting from your toes and working your way up to your head. Notice the sensation of tension releasing as you relax each muscle group.

Task 4: Create an Anxiety Toolkit

1. **Compile Coping Strategies:** Create a toolkit of coping strategies and techniques that you can use when you're feeling anxious. This could include activities such as journaling, listening to calming music, engaging in physical exercise, or practicing mindfulness meditation.
2. **Keep Your Toolkit Handy:** Keep your anxiety toolkit easily accessible, whether it's a physical folder with coping resources or a digital document on your phone.

Having these strategies readily available can help you manage anxiety more effectively in the moment.

Task 5: Establish a Self-Care Routine

1. **Prioritize Self-Care:** Make self-care a priority in your daily routine by engaging in activities that promote physical, emotional, and mental well-being. This could include getting enough sleep, eating nutritious meals, spending time outdoors, and connecting with supportive friends or family members.
2. **Schedule Self-Care Activities:** Schedule self-care activities into your daily or weekly routine to ensure they receive the attention they deserve. Set aside dedicated time for self-care, and treat it as non-negotiable time for your well-being.

Managing anxiety requires a proactive and holistic approach, incorporating strategies to address triggers, challenge negative thoughts, practice relaxation techniques, build coping skills, and prioritize self-care. By completing these tasks and incorporating them into your daily life, you can take proactive steps to manage anxiety effectively and improve your overall well-being