



Anxiety Breakdown Journal Page

Sometimes we have anxiety or worrisome thoughts about stressors in our lives. Often these thoughts grow and fester to the point where our brain is no longer thinking logically about the situation. Sometimes it helps to just break down your thoughts and reactions and see if you can get a different perspective.

What are some of the thoughts I am having?

How is my body responding?

Headache Upset stomach Fast heartbeat Can't focus Irritated Sweaty
Jelly Legs Difficulty breathing Blurred eyesight Feel hot Shaky voice Dry Mouth
Other _____

What is the worst possible thing that could happen?

What is the best possible thing that could happen?

What do I have control over in the situation?

What can I do to calm my body down?

Deep breathing Take a walk Put together a puzzle Play a board game Make a craft
Read a book Yoga Bake something Talk to a friend Listen to music
Other _____

If I start to have anxious or negative thoughts again what are some things I can tell or remind myself?
