

SPACE TO BREATHE

ANXIETY WORKBOOK

Six gentle sheets for understanding and calming anxiety

My starting check-in

Today my anxiety feels: 0 1 2 3 4 5 6 7 8 9 10

One word for how I feel: _____

What I need most today: _____

A kind reminder

You do not need to complete this workbook perfectly or all at once. Pause whenever you need to. Choose the exercises that feel useful and return to the others later.

Notice • Understand • Soothe • Take one step

Meet your anxiety



What is happening?

Situation or trigger:

When and where did it happen?

Thoughts in my mind

What did anxiety predict or say?

How strongly did I believe it? ____ / 10

Feelings and intensity

Circle or add your own:

worried • frightened • tense • uncertain
overwhelmed • embarrassed • restless

Intensity before: ____ / 10

Intensity now: ____ / 10

Signals in my body

Tick or add: ☐ fast heart ☐ tight chest

☐ nausea ☐ shaky ☐ hot or cold

☐ dizzy ☐ tense jaw ☐ breathless

☐ restless ☐ frozen ☐ other:

What I did next

Did I avoid, escape, check, seek reassurance, freeze, over-prepare, scroll, become irritable, go quiet or do something else?

What helped even 1%? _____

What might my anxiety have been trying to protect me from? _____

Unhook from anxious thoughts



Name the thought

Write the anxious prediction exactly as it appears:

Evidence that supports it

Facts only - not feelings or guesses:

Evidence that does not

What have I overlooked? What else is true?

Try a balanced thought

"I notice I am having the thought that..."

"Anxiety is predicting..."

"A more complete and compassionate view might be..."

Now rate the thought

Belief before: ____ / 10

Belief after: ____ / 10

Anxiety now: ____ / 10

What would I tell a friend?

Build your calming toolkit



5-4-3-2-1 grounding

Name 5 things you can see
4 things you can feel
3 things you can hear
2 things you can smell
1 thing you can taste - or one kind thing you can say to yourself.

What did I notice? _____

Longer out-breath

Breathe in gently. Let the out-breath be slightly longer, without forcing it. Try three rounds. Stop if focusing on breathing feels uncomfortable.

Before: ____ / 10 After: ____ / 10

Alternative: hum, sigh, sip water or feel both feet on the floor.

Body-based choices

Tick what feels safe:

☐ wall pushes ☐ stretch ☐ shake out
☐ walk or pace ☐ weighted lap item
☐ cool cloth ☐ warm drink ☐ blanket
☐ fidget ☐ music ☐ quiet

My own: _____

A sensory reset

LIGHT: dim, daylight, sunglasses or eyes closed

SOUND: quiet, headphones or familiar audio

TOUCH: soft, firm pressure or no touch

SMELL: fresh air or familiar scent

SPACE: company, doorway or privacy

My best combination: _____

My three-minute plan

When anxiety rises, I will first: _____

Then I will try: _____

A phrase I want to remember: _____

A person or place that feels supportive: _____

After three minutes I will check: Has the intensity changed? Do I need rest, support, a practical action or more time?

Turn avoidance into small steps



What anxiety is limiting

Something I want or need to do, but anxiety makes difficult: _____

Why this matters to me: _____

Create a gentle step ladder

Write steps from easiest to hardest. Make each step specific and repeatable. You may make a step smaller at any time.

1. _____ Anxiety ____ / 10
2. _____ Anxiety ____ / 10
3. _____ Anxiety ____ / 10
4. _____ Anxiety ____ / 10
5. _____ Anxiety ____ / 10
6. _____ Anxiety ____ / 10

Plan the first step

The step I choose: _____
When and where: _____
Who or what can support me? _____
How long will I try? _____
My exit or pause plan: _____

Review with kindness

What happened? _____
What did I learn? _____
What helped me stay? _____
What will I repeat or adjust? _____
Effort I am proud of: _____

My anxiety support plan



My early warning signs

Thoughts: _____
Body: _____
Behaviour: _____
Situations: _____
The sign I often miss: _____

What helps me

People: _____
Places: _____
Words: _____
Body or sensory tools: _____
Practical actions: _____

My compassionate coping statement

Examples: "This feeling is uncomfortable, but it can pass." "I can take one small step." "Uncertainty is hard, and I do not have to solve everything now."

My words: _____

Daily foundations

Choose, do not pressure:
☐ regular food and water
☐ medication as prescribed
☐ movement or fresh air
☐ rest and sleep routine
☐ less caffeine or alcohol if these worsen anxiety
☐ connection ☐ enjoyable activity

Support and urgent help

Someone I can contact: _____
Professional support: _____
Crisis contact for my area: _____
Safe place: _____

If I am in immediate danger or unable to stay safe, I will contact emergency services or urgent crisis support.

My next kind step

Within the next 24 hours I will: _____