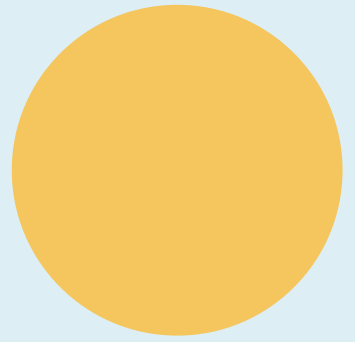




SPACE TO BREATHE

Anxiety & Worry WORKBOOK

Understand the cycle • Calm the body • Choose a response

A gentle starting point

My worry level today: 0 1 2 3 4 5 6 7 8 9 10

One thing I hope this workbook helps with: _____

From “what if?” towards “what helps now?”

Understanding anxiety and worry



Anxiety

Anxiety is the mind and body's alarm response. It can bring a fast heart, tense muscles, nausea, restlessness, shutdown, irritability or an urge to escape. The alarm may respond to a present danger, a remembered danger or uncertainty about what might happen.

Worry

Worry is the thinking part of anxiety: repeated "what if?" questions, predictions, mental rehearsing and attempts to find certainty. Worry may feel productive, yet going over the same uncertainty often keeps the alarm switched on.

The worry cycle

TRIGGER → "What if something goes wrong?" → body alarm → checking, avoiding, overthinking or reassurance → brief relief → uncertainty returns → more worry.

Which part of this cycle do I notice most? _____

My common signs

Thoughts: _____
 Body: _____
 Emotions: _____
 Actions: _____
 Communication: _____

What affects my alarm?

☐ uncertainty ☐ tiredness ☐ conflict
☐ change ☐ health ☐ sensory overload
☐ work/money ☐ rejection ☐ memories
☐ caffeine/alcohol ☐ pain ☐ loneliness
 Other: _____

Map one worry



My worry

The "what if?" thought: _____
What triggered it? _____
How strong is it right now? ____ / 10

What does worry predict?

What is the feared outcome?

What does my body do?

☐ fast heart ☐ tight chest ☐ nausea
☐ tense jaw ☐ dizzy ☐ hot/cold
☐ restless ☐ frozen ☐ exhausted
Other: _____

What do I do next?

☐ check ☐ avoid ☐ ask for reassurance
☐ search online ☐ over-prepare
☐ replay conversations ☐ withdraw
☐ rush ☐ procrastinate
Other: _____

Short and long-term effect

Immediate relief or result: _____

What happens later? _____

What may keep the cycle going? _____

A compassionate observation

My worry may be trying to protect me from: _____
What I actually need right now may be: _____

Sort the worry



Is it a practical worry?



A current problem that can be acted on now or planned for.

Examples: an unpaid bill, booking an appointment, asking a question.

My practical worry: _____

Is it hypothetical?



A feared possibility, often beginning "what if?", that cannot be solved now with more thinking.

Examples: "What if I fail?" or "What if I become ill?"

My hypothetical worry: _____

For a practical worry



What is within my control? _____

What information do I need? _____

The smallest useful action: _____

Who can help? _____

When will I act? _____

After acting, I will allow myself to: _____

For a hypothetical worry



Name it: "This is a what-if worry."

Ground in the present. Allow uncertainty without debating every possibility. Redirect attention gently.

What can I see/hear/feel now? _____

A phrase for uncertainty: _____

What matters in this moment? _____

My circle of influence



I CAN CONTROL: my next action, boundaries, requests, preparation, how I speak to myself.

I CAN INFLUENCE: conversations, shared plans and seeking support.

I CANNOT CONTROL: other people's thoughts, every outcome, the past or complete certainty.

One thing I will release for now: _____

One thing I will do: _____

Respond differently to worry



The anxious prediction

Write it clearly: _____
 How likely does it feel? ____ / 100 How distressing? ____ / 10

Look at the full evidence

What facts support the prediction?

What facts do not support it?

Have I coped with something similar?

Build a balanced response

Most likely outcome: _____

Another possible outcome: _____

If the feared outcome happened, what could help?

A fairer thought: _____

Try scheduled worry time

Choose a consistent 10-20 minute period. Note worries during the day and postpone engagement until then. At worry time, review the list, make plans for practical problems, then deliberately shift activity. Skip this method if it increases distress.

My worry-time plan

Time: _____ Place: _____

Where I will note worries: _____

How I will finish: _____

An activity afterwards: _____

Worry before: ____ / 10

Worry after: ____ / 10

My worry support plan



My early warning signs



My first worried thought: _____
 Body signal: _____
 Behaviour: _____
 Situation or time: _____
 The sign I often miss: _____

My rapid reset



1. Pause and name the worry.
2. Feel feet, seat or another steady contact.
3. Exhale gently or use a non-breathing anchor.
4. Ask: practical or hypothetical?
5. Choose one action or return to now.

My personal coping menu



BODY: movement, stretch, warmth, cool air, drink, food, rest: _____
 SENSES: light, sound, texture, pressure, quiet: _____
 MIND: balanced words, music, activity, attention anchor: _____
 PEOPLE: _____

Helpful words



"My alarm is active; that does not make the prediction true."
 "Uncertainty is uncomfortable, and I can still choose my next step."

My own words:

Support and urgent help



Person I can contact: _____
 Professional support: _____
 Crisis contact: _____
 Safe place: _____

If I am in immediate danger or cannot stay safe, I will contact emergency services or urgent crisis support.

My next kind step



Within the next 24 hours I will: _____