



*Amanda Rocheleau Counselling and Consulting*  
*Registered Social Worker \* Compassion Fatigue Specialist*

## Anxiety Management Worksheet

### **Step One: Recognize**

Knowledge is power. Learn to recognize thoughts and feelings related to your anxiety. What have your past patterns told you? What warning signs do you notice when your anxiety is increasing?

What are your anxiety triggers (people, places, things, scenarios)?

*Example: When I'm in a crowded place.*

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What types of thoughts give you the most anxiety?

*Example: Nothing I do will make a difference. I'm screwed.*

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What happens to your body when you're anxious?

*Example: I get dizzy and lightheaded*

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**Step Two: Avoid**

There are some things in your control and decisions you can make to help you manage your anxiety. It is important to acknowledge these. What and who can you avoid? What environments/places can you avoid? What preventative steps can you take to manage your anxiety?

What places can you avoid that cause you anxiety?

*Example: Take the stairs instead of walking into a crowded elevator*

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What situations can you avoid being in that may cause you anxiety?

*Example: H.A.L.T. – Being hungry, angry, lonely and tired all at once.*

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What preventative measures can you take to keep your anxiety in check on a regular basis?

*Example: Follow a structured and consistent bedtime routine each night that allows me to relax my mind and body before laying down to prevent worrying thoughts keeping me up at night.*

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