

Anxiety Worksheet

Experiencing anxiety is a natural experience as it's our brain's way of protecting us. However, when anxiety takes over it can be incredibly distressing. Understanding what your experience with anxiety looks like can be a powerful first step in engaging with your anxiety in a different way. As you go through this worksheet I encourage you to take your time, take breaks if needed, and approach the worksheet with loving curiosity.

When you are experiencing anxiety what do you notice happen in your body (for example: a tightening in your chest, difficulty breathing, increased heart rate)?

When you are experiencing anxiety what type of thoughts are you noticing (for example: "I am in danger", "Something horrible might happen") ?

When you feel calm what do you notice happen in your body (for example: your shoulders lower, you're able to take full breaths, a softness in your stomach)?

Breathing Exercise:

Pacing your breathing helps your body feel calm, sending signals to your brain that you are not in danger, which in turn allows the body to relax even further. One breathing exercise that can be helpful is to count your breaths coming in and then extend the count when you exhale. Exhaling for a longer period of time is a biological cue to your body and brain that, in this moment, you are safe and ok to relax.

Take a deep belly breath in for the count of 4

Hold your breath for the count of 4

Allow your belly to release and exhale the breath for the count of 6

Repeat this as many times as you find helpful. The more you practice
You can change the count so that you're comfortable.

Additional Resources Regarding Anxiety:

It is suggested that if you are experiencing anxiety that you talk to your doctor, or other health professional for support.

[Centre for Clinical Interventions](#)

[Anxiety Canada](#)

[Breathing Skills](#)