

NAVIGATING ANXIETY WORKSHEET

Everyone experiences anxiety differently in the body. As we look to better understand our experiences with anxiety and what can heighten it, it's important to first review some symptoms that you may not have connected to anxiety before.

Common anxiety physical symptoms include:

Butterflies in the stomach, tightness in the chest, shortness of breath, muscle tension, sweating or lightheadedness, tension headaches, insomnia, or disrupted sleep.

And, as we begin to become aware of our experience, we can then start to be more aware of things that can cause us to feel anxious. This worksheet helps you explore those things. In severe cases, these specific situations or actions worsen symptoms that become debilitating or can bring on a panic attack (panic attacks are sudden episodes of severe and debilitating fear).

0	1	2	3	4	5	6	7	8	9	10
CALM	MODERATELY ANXIOUS			ANXIOUS			EXTREMELY ANXIOUS			

_____ Starting something new	_____ Attending an event
_____ Confrontation with people you know	_____ Balancing multiple responsibilities or commitments
_____ Confrontation with people you don't know	_____ Coping with chronic illness or disability
_____ Doing something for the first time	_____ Experiencing discrimination or prejudice
_____ Social interactions in large group settings	_____ Participating in something competitive
_____ Navigating public transportation	_____ Dealing with a difficult customer, client, or person
_____ Having to make a decision	_____ Talking on the phone or in person
_____ Giving a presentation in front of people	_____ Being in situations where you feel powerless or out of control
_____ Waiting for information	_____ Long-distance relationships or friendships
_____ Advocating for yourself	_____ Dealing with your own, a pet's, or a loved one's illness or injury
_____ Advocating for others	_____ Handling an emergency or crisis
_____ Traveling to unfamiliar places	_____ Performing in person or virtually
_____ Being in crowded or busy environments	_____ Facing your fears
_____ Moving to a new city or country	_____ Making connections
_____ Being in situations where you feel judged or scrutinized	_____ Dealing with technology
_____ Facing a major deadline	_____ Handling rejections or disappointment
_____ Going to the dentist or doctor's office	_____ Being in environments with loud noises, bright lights, or enclosed spaces
_____ Having to end a relationship	_____ Being in situations with a high risk of danger or harm
_____ Receiving criticism or negative feedback	_____ Environmental situations (natural disasters, financial stress, food or housing insecurity, disability, racism, discrimination or bias, etc.)
_____ Change	_____
_____	_____
_____	_____

QUESTIONS FOR REFLECTION:

What's something that stood out to me as I was adding scores to this worksheet?

Are there any anxiety-inducing situations I scored between 8-10 that I want to dive deeper into to get to know myself better?

Do I feel like my anxiety is manageable? If not, why?

What are my coping skills that I have seen be effective in managing anxiety?

Please Note: It's always a good idea to seek mental health care support if you're experiencing frequent anxiety that is causing distress and interrupting your quality of life. We encourage you to also access our coping skill video "Navigate Your Anxiety" led by Haruna Nail, RMHI, found on our Introductory Mental Health Toolkit page.