

Anxiety

Survival Kit Workbook

A practical workbook for noticing anxiety, calming the body, grounding in the moment, and choosing the next right step.



NOTICE BREATHE GROUND CHOOSE

Two-Part Workbook

Part One: Learn the Anxiety Survival Kit

Part Two: Practice With Fillable Worksheets

Personal editing copy

WELCOME

How to Use This Workbook

This workbook teaches a simple Anxiety Survival Kit. It is designed for therapy sessions, crisis stabilization, classrooms, school counseling, and personal practice.

Anxiety can make the body feel unsafe, even when the moment can be handled. This workbook helps a person slow down, name what is happening, settle the body, check the facts, and choose one safe next step.

The worksheets can be typed into directly in Word or printed and completed by hand. The goal is practice, not perfection.

Safety note

This workbook does not replace therapy, medical care, crisis care, or emergency services. If there is immediate danger, risk of self-harm, risk of harming someone else, overdose risk, psychosis, or inability to stay safe, call 988, call 911, go to the nearest emergency department, or contact local crisis services.

The promise of the Anxiety Survival Kit

- I can notice anxiety before it drives the moment.
- I can calm my body one breath at a time.
- I can separate fear from facts.
- I can choose one small next step, even when I still feel anxious.

The Anxiety Survival Kit Explained Simply

Anxiety is the body and brain trying to protect you. It is an alarm system. Sometimes the alarm is helpful. Sometimes it gets too loud, goes off too often, or treats stress like danger.

The Anxiety Survival Kit is a set of small tools for handling the alarm. The purpose is not to force anxiety to disappear. The purpose is to lower the volume enough to think, breathe, communicate, and keep moving safely.

The kit uses five simple steps: notice the alarm, breathe to lower the volume, ground in the room, check the story, and choose one next step.

Step	Skill	What to do
1	Notice the alarm	Name anxiety as an alarm in the body. Say, “This is anxiety. I can work with this.”
2	Breathe to lower the volume	Use slow breathing to send the body a steady signal. The goal is not perfect calm. The goal is a little more space.
3	Ground in the room	Use your senses to return to the present moment. Look for facts, objects, sounds, and physical support.
4	Check the story	Separate fear from facts. Anxiety predicts danger, but predictions are not proof.
5	Choose one next step	Take one small action that protects safety, supports your values, and moves you forward.

Core idea

Anxiety says, “Do something now.” The survival kit says, “Pause, breathe, notice, and choose.” A calmer response usually begins with a small pause.

What Anxiety Can Feel Like

Anxiety is not only a thought. It can show up in the body, behavior, emotions, and the story a person tells themselves about what might happen next.

Learning your own anxiety signals helps you catch the moment earlier. Earlier is easier. If you can notice the first signs, you have more room to use a skill before anxiety becomes overwhelming.

Common body signals

☐ Fast heartbeat	☐ Tight chest	☐ Short breath
☐ Upset stomach	☐ Sweaty hands	☐ Shaky body
☐ Hot face	☐ Tense jaw	☐ Restless legs
☐ Head pressure	☐ Tears	☐ Numbness

Common anxiety behaviors

☐ Avoiding	☐ Over-apologizing	☐ Asking for reassurance
☐ Irritability	☐ Shutting down	☐ Overthinking
☐ People pleasing	☐ Checking repeatedly	☐ Leaving suddenly
☐ Freezing	☐ Talking fast	☐ Scrolling

My personal anxiety signs

My first body sign is	Write here...
My first thought sign is	Write here...
My first behavior sign is	Write here...
Other people may notice	Write here...

PART ONE

The Survival Kit Tools

Tool 1: Name it to tame it

Say what is happening in simple words. "This is anxiety." "My alarm is loud." "My body is trying to protect me." Naming anxiety can reduce confusion and shame.

My naming sentence: _____

Tool 2: Longer exhale breathing

Breathe in gently, then breathe out a little longer than you breathed in. Try in for 4 counts and out for 6 counts. Longer exhales help tell the body it can lower the alarm.

My breathing count: In for ____ counts. Out for ____ counts.

Tool 3: 5-4-3-2-1 grounding

Notice 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste or one slow breath. This brings attention back to the present room.

My favorite grounding object: _____

More Survival Kit Tools

Tool 4: Fear versus facts

Anxiety often sounds certain. Check the difference between what fear predicts and what the facts actually show. A fear is possible. A fact is known.

The fact-check question I will ask: "What do I know for sure?"

Tool 5: Control what is controllable

Anxiety grows when the mind tries to control everything. Make two lists: what I can control and what I cannot control. Then act on one controllable thing.

One controllable next step: _____

Tool 6: Reach out early

Support works best before the moment becomes dangerous or unmanageable. Reaching out is a skill, not a failure.

A person I can contact: _____

Practice reminder

Do not wait for a 10 out of 10 anxiety moment to practice. Practice at a 2, 3, or 4 so the tools become easier to use during a bigger moment.

PART TWO

Fillable Worksheet Section

Use these worksheets during therapy, school counseling, crisis stabilization, group work, or personal practice. The pages are designed to guide a person through the Anxiety Survival Kit step by step.

Write short answers. Simple is better when anxiety is high.

Worksheet 1: Anxiety Snapshot

Date and time	Write here...
Where am I?	Write here...
What happened?	Write here...
Anxiety intensity	___ / 10
What does my body feel like?	Write here...
What is anxiety telling me might happen?	Write here...
What do I need right now?	Write here...

Worksheet 2: Quick Safety Check

Am I in immediate danger?	☐ Yes ☐ No ☐ Not sure
Am I afraid I may hurt myself?	☐ Yes ☐ No ☐ Not sure
Am I afraid I may hurt someone else?	☐ Yes ☐ No ☐ Not sure
Do I need help from an adult, support person, clinician, crisis line, or emergency service?	☐ Yes ☐ No ☐ Not sure
If yes or not sure, my next support step is	Write here...

PART TWO

Worksheet 3: Breathe and Ground

Breathing plan

Breathing pattern I will use	In for ____ counts. Out for ____ counts.
How many rounds?	____ rounds
Body area I will soften	☐ Jaw ☐ Shoulders ☐ Hands ☐ Stomach ☐ Legs ☐ Other: _____
Words I will repeat	Example: "Slow is safe." Write your words here...

5-4-3-2-1 grounding

5 things I see	Write here...
4 things I feel	Write here...
3 things I hear	Write here...
2 things I smell	Write here...
1 thing I taste or one breath	Write here...

PART TWO

Worksheet 4: Fear Versus Facts

This worksheet helps separate anxious predictions from known facts. It does not tell you that your feelings are wrong. It helps you check whether the alarm is giving you complete information.

Thought check

Fear says	Write here...
The facts I know are	Write here...
The facts I do not know yet are	Write here...
Another possible explanation is	Write here...
The most balanced thought I can try is	Write here...
Anxiety before thought check	___ / 10
Anxiety after thought check	___ / 10

Helpful question

Ask, "What else could be true?" This question helps loosen the grip of the first anxious story.

Worksheet 5: Control What Is Controllable

What I can control	What I cannot control	One helpful action
Write here...	Write here...	Write here...
Write here...	Write here...	Write here...
Write here...	Write here...	Write here...
Write here...	Write here...	Write here...
Write here...	Write here...	Write here...
Write here...	Write here...	Write here...
Write here...	Write here...	Write here...

My next controllable step

The step I choose is	Write here...
I can do this in the next	☐ 1 minute ☐ 5 minutes ☐ 15 minutes ☐ Today
Support I need	Write here...

PART TWO

Worksheet 6: My School, Work, or Therapy Plan

Use this plan before anxiety gets too big

Places where anxiety shows up most	Write here...
People or situations that trigger anxiety	Write here...
Early warning signs others might see	Write here...
A quiet skill I can use without drawing attention	Write here...
A sentence I can say to ask for help	Write here...
A safe person I can go to	Write here...
A safe place I can go if allowed	Write here...

Quiet skills I can use in class, session, or public

☐ Feet on floor	☐ Longer exhale	☐ Name 5 colors
☐ Hold cold water	☐ Relax jaw	☐ Count objects
☐ Write one sentence	☐ Ask for a break	☐ Stretch fingers
☐ Read a coping card	☐ Notice sounds	☐ Slow sip of water

Worksheet 7: My Personal Anxiety Survival Kit Card

Fill this page out, then keep the words somewhere easy to find. The best plan is simple enough to use when your mind is loud.

My survival kit card

My early warning sign	When I notice _____, I will use my kit.
Notice sentence	This is anxiety. My alarm is loud. I can slow down.
Breathing pattern	In for ____ counts. Out for ____ counts.
Grounding action	I will notice _____.
Fact-check question	What do I know for sure? Add your own question here...
One helpful next step	Write here...
Support person	Name and number...

Pocket version

- Notice: This is anxiety.
- Breathe: Longer exhale.
- Ground: Find the room with your senses.
- Check: Fear is not always fact.
- Choose: One safe next step.

PART TWO

Worksheet 8: Practice Log and Reflection

Use this log to build repetition. Skills become easier when practiced during smaller moments, not only during crisis moments.

Anxiety Practice Log

Date	Situation	Anxiety 0 to 10	Skill used	What changed
Write here...	Write here...	___ / 10	Write here...	Write here...
Write here...	Write here...	___ / 10	Write here...	Write here...
Write here...	Write here...	___ / 10	Write here...	Write here...
Write here...	Write here...	___ / 10	Write here...	Write here...
Write here...	Write here...	___ / 10	Write here...	Write here...
Write here...	Write here...	___ / 10	Write here...	Write here...

Pattern reflection

The anxiety situations I see most often are	Write here...
The skill that helps me most is	Write here...
The skill I need to practice more is	Write here...
One thing I learned about my anxiety is	Write here...

SAFETY

Support Plan for High-Risk Moments

Use this page when anxiety feels unsafe, when emotional intensity is too high to manage alone, or when there is risk of self-harm, harm to someone else, overdose, or loss of control.

Skills are useful, but safety comes first. If there is immediate danger, call 911. If there is suicidal crisis or emotional crisis in the United States, call or text 988.

My high-risk support plan

Warning signs that I need help now	Write here...
My first support person	Name and number...
My second support person	Name and number...
Professional support	Therapist, doctor, crisis line, clinic, or other support...
Safe place I can go	Write here...
Things I will remove or avoid for safety	Write here...
Words I can say when asking for help	"I am having a hard time staying safe and I need support." Add your own words here...

Closing reminder

Anxiety is an alarm, not a command.
A feeling can be real without being the whole truth.
A small pause can change the next choice.
The next safe step is enough for now.