

Anxiety & Trauma Management Workbook

Understanding Anxiety

Anxiety is the body's natural response to stress, but it becomes a disorder when it's persistent, overwhelming, or interferes with daily life. Symptoms: racing thoughts, restlessness, rapid heartbeat, difficulty sleeping, worry about worst-case scenarios. Types: Generalized Anxiety Disorder (GAD), Panic Disorder, Social Anxiety, Phobias.

Understanding Trauma

Trauma is an emotional response to distressing or life-threatening events. Types: Acute Trauma (one-time event), Chronic Trauma (repeated exposure), Complex Trauma (multiple, long-term traumatic experiences). How Trauma Affects the Brain & Body: - Amygdala becomes hyper-alert - Hippocampus (memory) gets disrupted - Nervous system stuck in fight-flight-freeze Symptoms: flashbacks, nightmares, emotional numbness, hypervigilance.

Grounding & Self-Regulation Tools

5-4-3-2-1 Grounding Exercise: 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste. Deep Breathing (Box Breathing): Inhale for 4, Hold for 4, Exhale for 4, Hold for 4. Progressive Muscle Relaxation (PMR): Tense muscles for 5 seconds, then release. Move through each body part from head to toe.

Cognitive & Emotional Tools

Thought Reframing: Identify negative thoughts → Challenge them → Replace with balanced alternatives. Example: "I'll fail at this" → "I may struggle, but I have managed challenges before." Journaling Prompts: - What am I feeling right now in my body? - What triggered these feelings? - What would I tell a friend in this situation? Self-Compassion Statements: - "It makes sense that I feel this way given what I've been through." - "I am safe in this moment." - "Healing is not linear, and that's okay."

Long-Term Management Strategies

Lifestyle Support: - Sleep hygiene (regular routine, reduce screen time) - Nutrition (balanced meals, limited caffeine) - Movement (yoga, walking, stretching) - Social connection (safe, supportive relationships) Professional Supports: - Therapy options: CBT, DBT, EMDR, Somatic Therapy - Support groups for shared experiences - Medication when recommended by a doctor

Reflection & Practice Worksheet

Check-in: What symptoms have I noticed today? Trigger Tracker: What situations/events triggered stress? My Response: How did I react? My Tools: Which coping skill can I practice next time? Safety Plan: Who can I reach out to when overwhelmed?

Daily Check-in

Trigger Tracker

Response Reflection

Coping Tools Practice

Safety Plan
