

Managing Anxiety Journal



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Most of us will feel anxious at some point in our lives. Anxiety may be experienced for a short period of time and related to something specific such as moving schools, home or a disagreement with a friend.

Anxiety can also last for longer periods of time. It may be related to something specific like the issues above but it may also be caused by a number of different small factors that combine to cause an overwhelming feeling of anxiety.

People may feel anxious for different reasons. What causes one person anxiety may not cause another person to feel the same. We all experience anxiety differently. Anxiety can affect our mind and body. Again, these symptoms are felt differently and are unique to each individual.

Taking the time to think about what causes you to feel anxious, how that anxiety makes you feel and what helps you to feel calm and in control again is the key to managing your anxiety.

Take some time over the next few days or weeks to complete this journal.

You may like to add pictures, drawings or notes to the journal. Please use this journal in a way that you find useful.



**To return
to a calm
state,
I can
speak to...**

**To return
to a calm
state,
I can
choose to...**

**When I
feel calmer
again, I
will feel...**

Use this space to create your own managing anxiety plan.

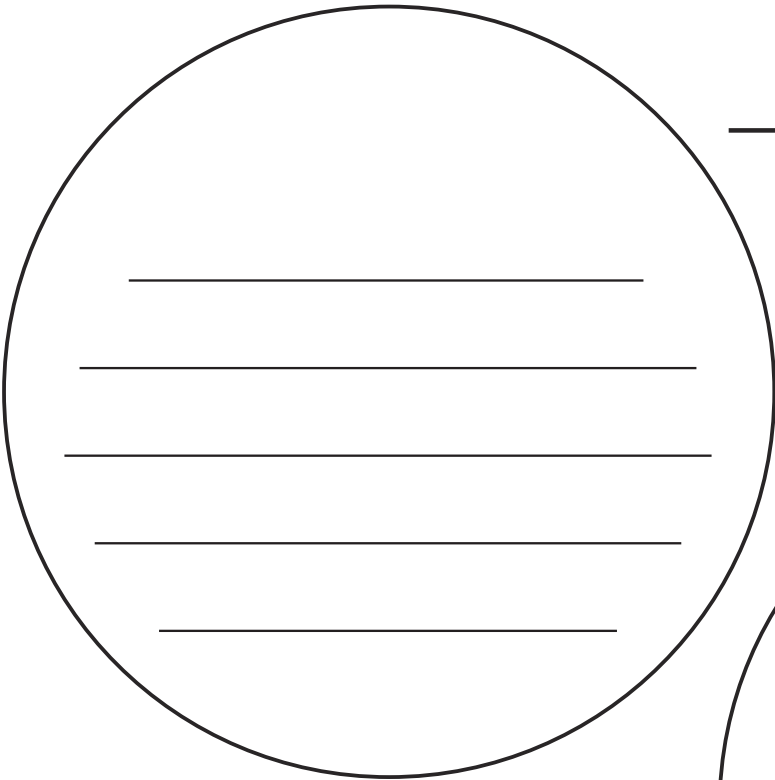
When my anxiety starts, I will...

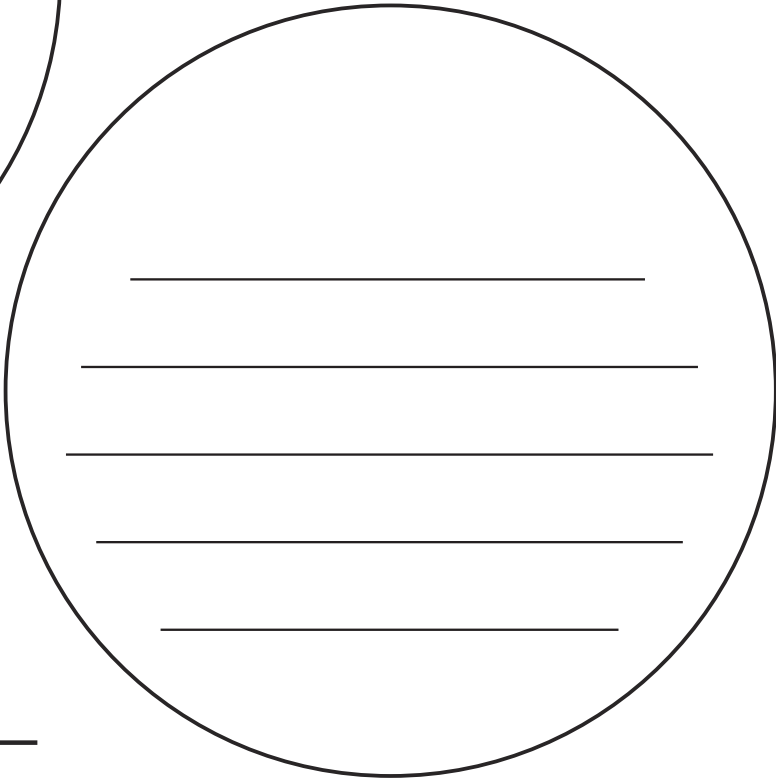
When I body scan myself, I can see that my body feels...

When I body scan myself, I can see that my brain feels...

What Makes You Anxious?

Take some time to complete the circles below with things, people, situations or places that have made you feel anxious. You might need to keep adding your ideas as you remember other times in the past where you have felt anxious.





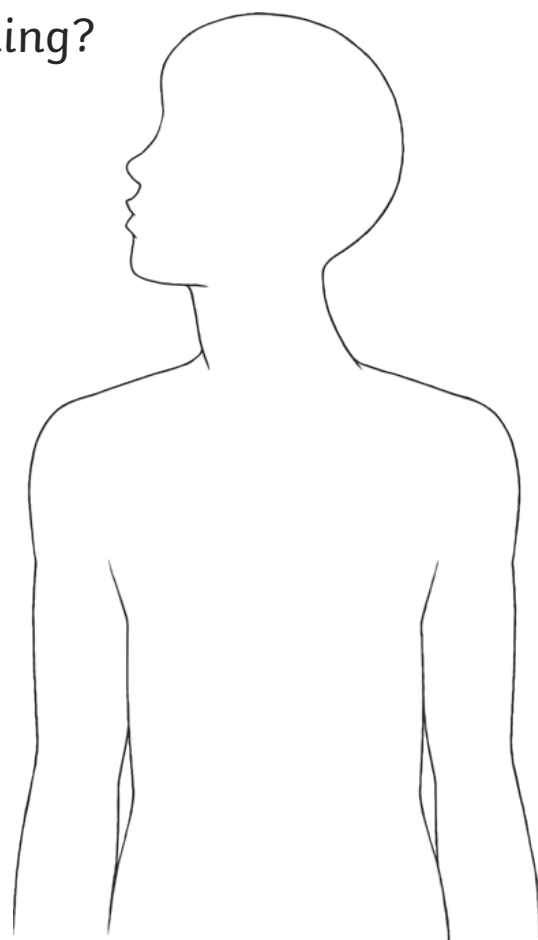
Notes and Doodles

When you feel anxious, what happens to your mind and body?

Take some time to think about a time when you felt anxious or you might be feeling anxious at the moment.

Ask Yourself...

- How are my toes and feet feeling?
- How are my legs feeling?
- How is my back feeling?
- How is my stomach feeling?
- How are my fingers, hands and arms feeling?
- How is my chest feeling?
- How is my neck and head feeling?
- How is my mind feeling?



Notes and Doodles

**When you are feeling anxious,
who could help you to feel more in control?**



Think about the people who can help you such as parents/ carers, friends, sisters, brothers, teachers, coaches, religious leaders.

[illegible]

Notes and Doodles

Would you be able to recognise that you are starting to feel anxious again?



Think about the signs you might see in yourself, the changes in behaviour or the different feelings you might experience.

Write or draw the 'triggers' you might have in the spaces provided.

Do you behave differently when you are feeling anxious?

Think about the last time you felt anxious. Did you do things that you wouldn't normally do?

Notes and Doodles

Sometimes when we are feeling anxious about something, we can behave in a different way and make different choices.

For example, if we are feeling anxious about a competition or sports match, we might not feel as hungry; we might find it difficult to sleep the night before or we might be more irritable than normal.

Write or draw the different ways you felt or the different behaviours you showed when you were feeling anxious.

When you are feeling anxious, what helps you to feel calmer?



Sometimes, talking to someone can help or spending time doing something you enjoy such as reading a book or listening to music.

A large, empty rectangular box with a black border, intended for drawing or writing.

When you are feeling anxious, who could help you to feel more in control?



Think about the people who can help you such as parents/ carers, friends, sisters, brothers, teachers, coaches or religious leaders.

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Notes and Doodles

A large, empty rectangular box with a black border, intended for notes and doodles.