

# anxiety workbook

A CBT WORKBOOK FOR DEALING WITH  
ANXIETY & STRESS.



# WHAT IS *anxiety?*

Anxiety is a feeling of worry, fear, or unease about a situation or event with an uncertain outcome. It is a normal human emotion that can be helpful in some situations, such as when it motivates us to take action or avoid danger. However, when anxiety becomes excessive or interferes with daily life, it can be a sign of an anxiety disorder that may require professional help.

## SYMPTOMS OF ANXIETY:

SOME COMMON SYMPTOMS OF ANXIETY INCLUDE FEELINGS OF NERVOUSNESS OR RESTLESSNESS, DIFFICULTY CONCENTRATING, RAPID HEARTBEAT, SWEATING, TREMBLING, AND TROUBLE SLEEPING. PHYSICAL SYMPTOMS SUCH AS HEADACHES, STOMACH ACHES, AND MUSCLE TENSION MAY ALSO BE PRESENT. EVERYONE EXPERIENCES ANXIETY DIFFERENTLY, SO IT IS IMPORTANT TO PAY ATTENTION TO HOW YOUR BODY AND MIND REACT TO STRESSFUL SITUATIONS. IF YOU FEEL THAT YOUR ANXIETY IS IMPACTING YOUR DAILY LIFE, IT MAY BE HELPFUL TO SEEK SUPPORT FROM A MENTAL HEALTH PROFESSIONAL.

# WHAT ARE *anxious & unhelpful thoughts?*

Anxious and unhelpful thoughts can manifest in many ways, but they often involve negative self-talk, catastrophic thinking, and overgeneralization.

These thoughts can be irrational and lead to feelings of stress, anxiety, and hopelessness.

Examples include "I can't do anything right," "Everything always goes wrong for me," and "I'll never be able to achieve my goals." It's important to identify and challenge these thoughts to prevent them from negatively impacting one's mental health and well-being.

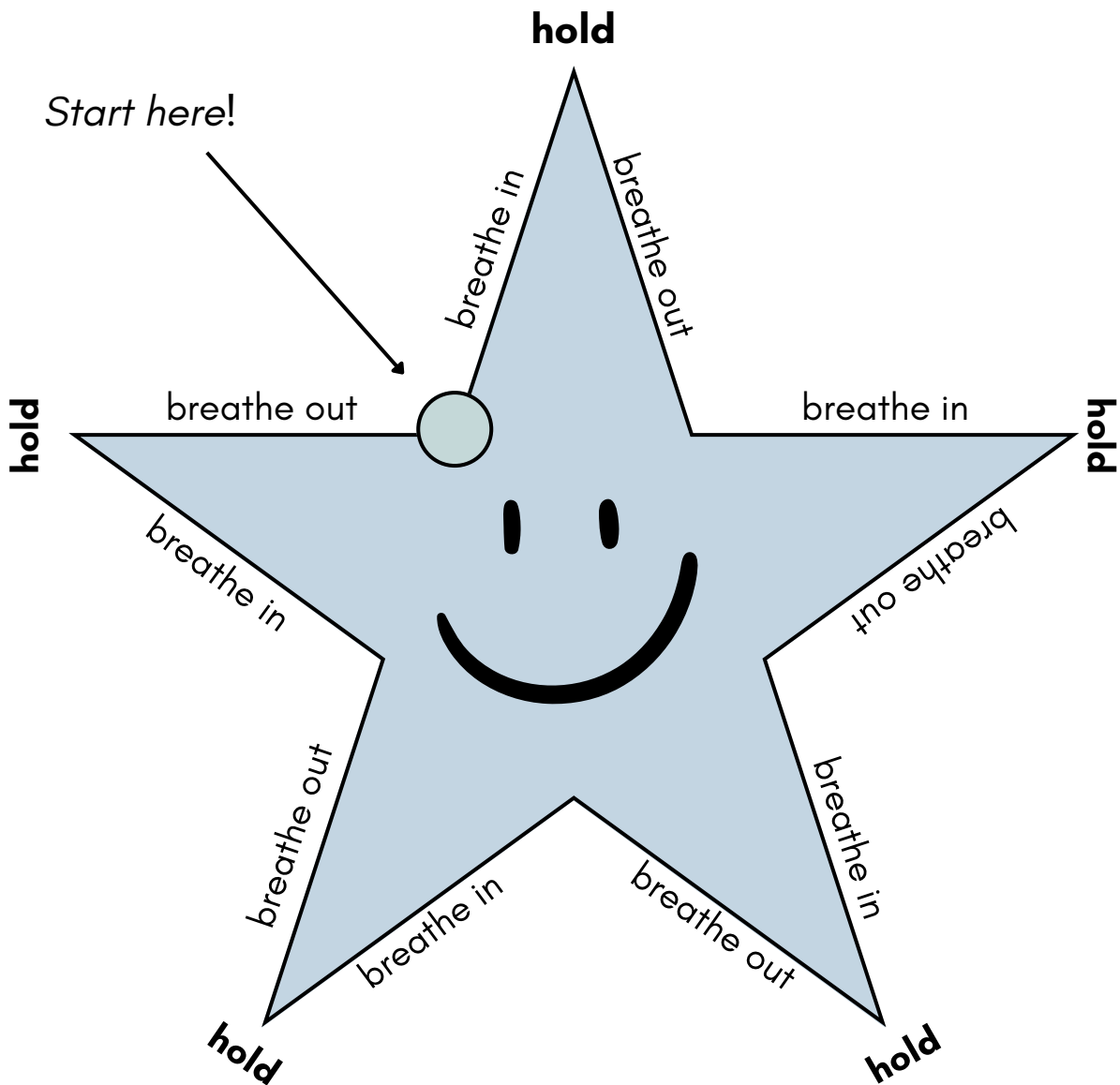
## THIS BOOKLET:

IN THIS BOOKLET WE WILL LEARN VARIOUS STRATEGIES FOR  
RESTRUCTURING OUR ANXIOUS AND UNHELPFUL  
THOUGHTS.

BY QUESTIONING THE ACCURACY AND VALIDITY OF OUR  
THOUGHTS, WE CAN GAIN A MORE REALISTIC AND  
BALANCED PERSPECTIVE ON OUR EXPERIENCES AND HELP  
US DEVELOP MORE EFFECTIVE COPING STRATEGIES AND  
IMPROVE OUR ABILITY TO MANAGE STRESS AND ANXIETY.

# CONTROLLED *breathing*

Starting on the dot, follow the breathing prompts while you trace your finger around the star in a clockwise direction.



# 5-4-3-2-1

## Grounding technique

A calming technique that connects you with the present by exploring the five senses.

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell



1

1 thing you can taste



# CHALLENGING OUR THOUGHTS

When we experience anxiety and/or depression, our thoughts can result in general negative thinking patterns. Challenging our unhelpful thoughts can help us change them, and ultimately find neutral and balanced alternatives.

What is the evidence that this thought is true? What is the evidence that this it is not true?

What is the worst that could happen? If it did happen, what could I do to cope with or handle it?

What would I tell a friend if he/she had the same thought?

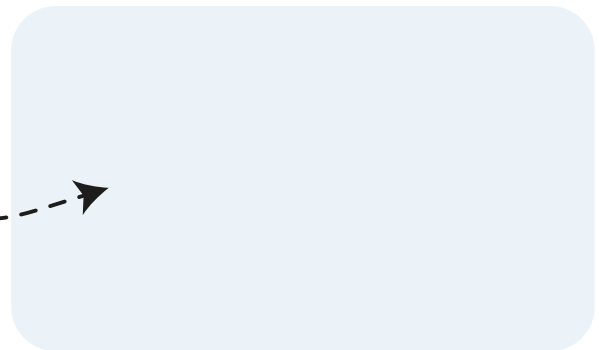
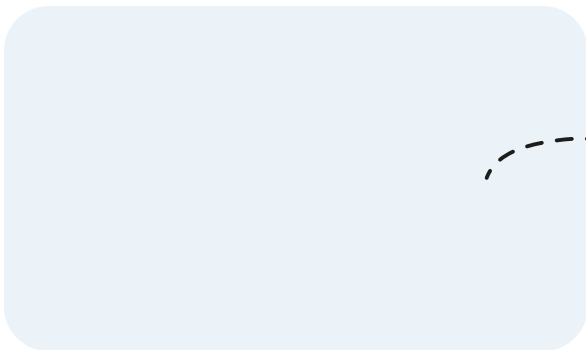
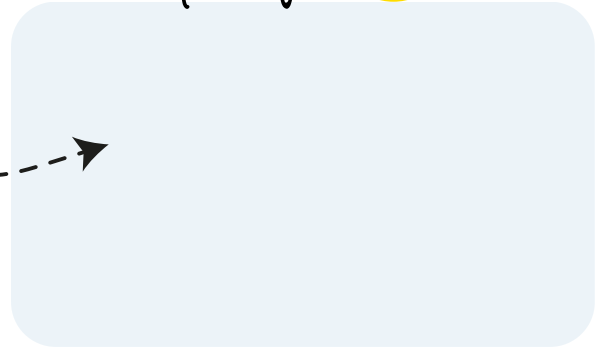

**WHAT WOULD BE A MORE BALANCED/NEUTRAL  
WAY OF THINKING ABOUT THIS?**

# ANXIETY VS THE TRUTH

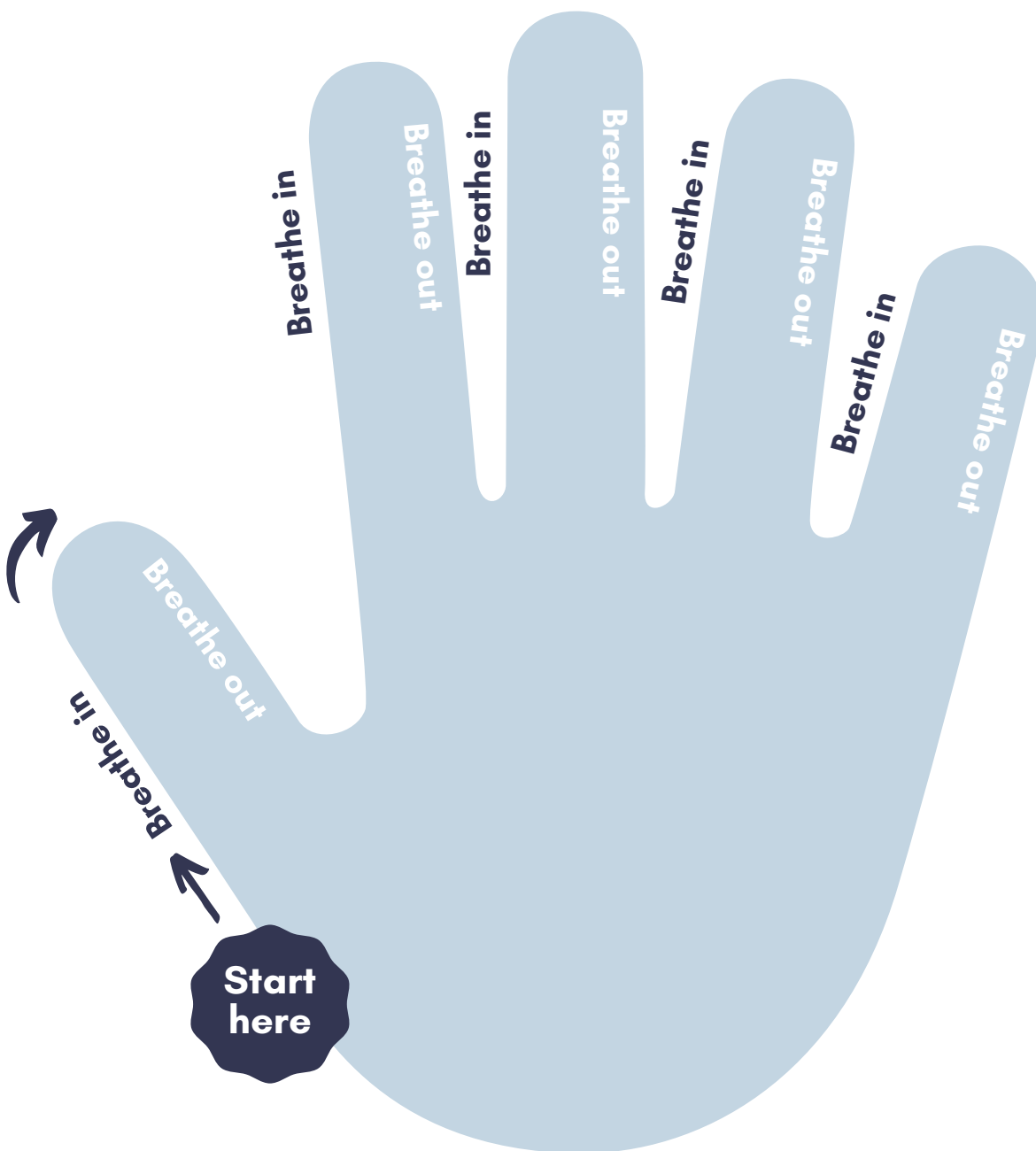
Let's ask ourselves if our anxious thoughts are true, or if they are more of our opinion, rather than a fact?

Anxiety 

Truth 




CALM YOURSELF WITH A  
**5 FINGER BREATHING**  
BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.





Today  
will be a  
**GREAT**  
Day