

Anxiety Action Plan

Right now, I'm most anxious about:

My current emotional and physical response to this anxiety is:

My self-talk (thoughts and images) about this anxiety includes:

Some evidence these thoughts might not be facts is:

Some ways I can increase my mindfulness practice include:

Aspects of this anxiety I cannot control, but can choose to accept are:

Positive steps I am willing to take this week include:

A few great ways to respond to red flags include: increasing mindfulness practice, reviewing CALM materials, meeting with a counselor, and reaching out to friends, family, and your communities.

Calming Anxiety, Living Mindfully C.A.L.M – By David Emmert, Psy.D. San José State University
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