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.