

## Anxiety Flare-ups: Warning Signs

It's important to recognize early signs when your anxiety begins flaring up, as well as times you may start falling back into old patterns with anxiety. This is most likely to happen during times of high stress.

Whenever you notice these warning signs, go to the following page and complete your "anxiety action plan" to help you effectively navigate flare-ups that may arise from time to time.

Personal "Red Flags" I may notice again when anxiety begins to flare-up are...

When I notice physical changes like:

*(e.g., sleep, appetite, stomach aches, muscle tightness)*

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If, emotionally, I begin to feel:

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When important people in my life notice or tell me:

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If I start thinking and telling myself:

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When I act differently by:

*(e.g., isolating, being "snappy," using substances, avoiding exercise)*

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