

ANXIETY BREAKDOWN

What is triggering my anxiety?

What do I have in my control to keep this from happening?

What are some of the thoughts that I am having?

What can I do to calm my body down?

How is my body responding?

What are some positive thoughts to help calm my mind?

What is the worst thing that can happen?

What are some other things I can do to cope if I start to feel anxious again?