My anxiety coping plan

Decide now what you will do when anxiety rises, so you are not working it out in the moment.

Name _____ Date _____

Situations that tend to set my anxiety off

Early signs in my body

Early signs in my thinking and behaviour

When I notice these signs, the first things I will do

What I will say to myself

Things that seem to help but keep it going

- [ ] Avoiding
- [ ] Checking
- [ ] Alcohol
- [ ] Leaving early
- [ ] Reassurance
- [ ] Over-preparing

What I will do instead

People I can talk to

What I want to remember when it passes

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