

Anxiety & Stress Tools

Practical ways to slow the spiral, calm the body, and feel more grounded.

Use this worksheet when anxiety, worry, or everyday stress starts to feel like too much. You do not need to do every step—start with the tools that feel most helpful today.

What am I noticing right now?

What am I thinking?

What am I feeling in my body?

What seems to have triggered this?

Grounding Tools

- Take 5 slow breaths, making the exhale slightly longer than the inhale.
- Name 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell, and 1 you can taste.
- Unclench your jaw, relax your shoulders, and place both feet on the floor.
- Step outside, stretch, or take a short walk to reset your nervous system.
- Text or call one supportive person instead of sitting alone in the spiral.

Talk back to the anxious thought

The anxious thought is:

A more balanced response is:

My reset plan**One thing I can do in the next 10 minutes:**

One thing I can do later today to lower stress:

This worksheet is for educational and supportive purposes and is not a substitute for emergency or crisis care.