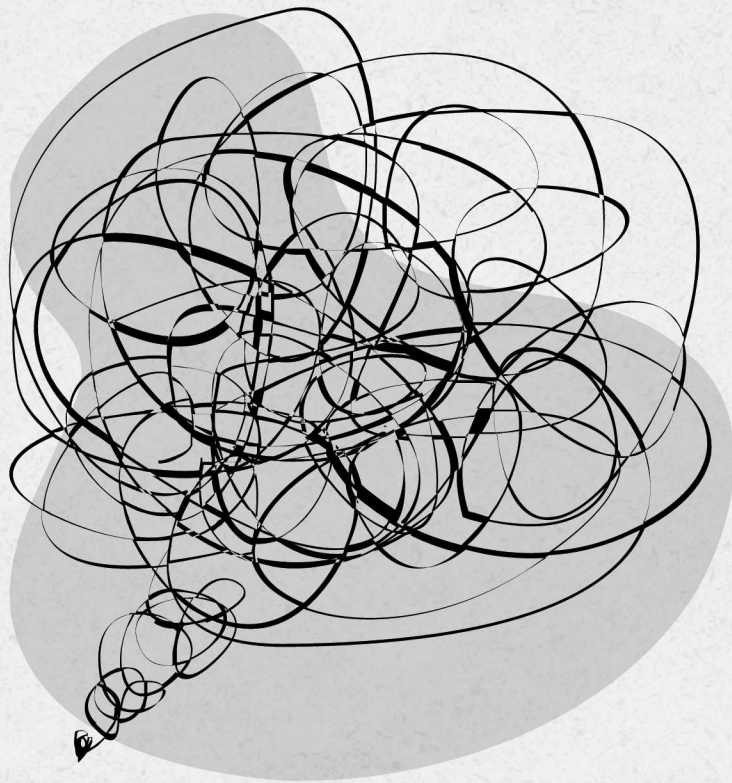




overcome anxiety

workbook

*"Do not anticipate trouble, or worry about what
may never happen. Keep in the sunlight."*

— Benjamin Franklin

handling anxiety

“You don’t have to control your thoughts. You just have to stop letting them control you.”

– Dan Millman

Anxiety can feel like a constant weight on your chest, a shadow that never quite leaves. It’s something many of us face, whether in small moments of stress or larger waves of overwhelming worry.

You might feel like it’s impossible to shake, but you’re not alone in this journey.

The goal of this workbook isn’t to make anxiety disappear—it’s to help you learn how to manage it, to find peace in those moments of struggle.

You’ll be exploring ways to calm your mind, relax your body, and build resilience over time.

Life is full of unexpected twists and turns, and sometimes anxiety makes it hard to enjoy the ride. But what if you could learn to navigate it better? What if you could reframe your thoughts and change the way you respond to stress?

Remember, overcoming anxiety isn’t about being fearless; it’s about learning how to move forward even when fear is present.

Take your time with these activities, and be kind to yourself in the process. You’ve already taken a big step by opening this workbook, and from here, we’ll keep moving forward together.

We all have different triggers and reactions when it comes to anxiety, but what we share is the human experience of wanting relief.

Some days it may feel like you’re winning, while other days might seem like an uphill battle. That’s okay.

The purpose of this workbook is to offer tools and exercises that can help you find balance, even when things feel off-kilter.



example of handling anxiety

Anxiety can show up suddenly, sometimes without warning. When it does, it's easy to feel overwhelmed. But with some simple steps, you can manage the feelings and bring yourself back to a calmer state. Here's an example of how you might handle anxiety in the moment:

Situation:

You're at work and suddenly feel a rush of anxiety. Your heart starts racing, your palms feel sweaty, and your thoughts begin to spiral. You're afraid you might mess up on an important task and can't seem to focus.

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The first thing you can do is pause and focus on your breathing. Take a slow, deep breath in through your nose for 4 seconds, hold it for 4 seconds, then exhale slowly for 4 seconds. Repeat this 3 times.

Next, try grounding yourself in the present moment. Look around and notice 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

2

3

Now that you're calmer, take a moment to challenge your anxious thoughts. Ask yourself: "Is this worry based on fact or fear? What's the worst that can happen? How likely is it to really happen?" By rethinking your worry, you might realize it's not as bad as it seems.

Finally, take one small step toward solving the problem or task at hand. Break it down into the simplest step, like writing an email or making a to-do list. Action helps shift your focus from anxiety to productivity.

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