FREE TOOLKIT · WORKSHEET 01 · ANXIETY

Get the Whole Picture

Anxiety feels like one big thing. It's really four smaller things: a thought, a feeling in your body, something you do, and what that costs you. See all four, and you can change any of them.



B.Y.M.H

BUILD YOUR MENTAL HEALTH

1 What I'm thinking

Write down the thought that's running. Don't clean it up.

Circle the words that fit right now:

Worried · Nervous · On edge · Dread · Uneasy · Panicky · Overwhelmed · Tense · Stuck

2 What it's doing to me

Where I feel it in my body:

- ☐ Chest
- ☐ Stomach
- ☐ Jaw or shoulders
- ☐ Breathing
- ☐ Heart racing
- ☐ Hands / restless
- ☐ Head
- ☐ Sleep

How strong is it right now? 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

What I do when it hits (avoid, snap, scroll, over-check, shut down, cancel plans…):

What that costs me:

3 The what-ifs

Your brain goes looking for the worst case and stops there. Fill in the other two columns too. You're not pretending — you're being fair.

The situation: *e.g. my chest feels tight*

WORST CASE WHAT-IF	MOST LIKELY WHAT-IF	BEST CASE WHAT-IF
e.g. something serious with my heart	*e.g. stress, and it eases up by tonight*	*e.g. a blip I won't remember tomorrow*

Looking at all three, what's actually true:

4 What I can do about it

A calmer thought that's also true:

One thing to settle my body:

If you're stuck: two short breaths in through the nose, one long slow breath out. Three times.

One thing I can do about the part that's in my control:

How strong is it now? 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

B.Y.M.H

This is one tool. There's a whole toolbox.

Build Your Mental Health is a course that teaches you to settle your body first, so your thoughts can follow. One skill at a time, at your pace.

Toolbox inside →
richieleatherwood.com/free-tools