

Anxiety Relief Worksheet

Use this worksheet to help you take control of your anxiety. You can print this out and write directly on it.

- 1. Distance yourself from the worrisome thoughts-** Learn to look at your anxious thoughts in a different way. When you get an anxious thought, immediately identify it as a sign of your worry and not reality.

Labeling your thoughts correctly raises self-awareness and makes it easier to control them. It also gives you something else to focus on instead of constant worry.

- Write down your thoughts and label them.

For example: Thought about ____ - insecurity, thought about ____ - fear, thought about ____ - discomfort



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2. View your thoughts as data- Sometimes it's helpful to view your thoughts as data and your mind as a data processing center.

Things to Remember –

- You'll get a lot of data coming in throughout the day. Some of this data can be incorrect and confusing. This is an example of anxious thoughts.*

- You may also interpret the data incorrectly. This means you allow the anxious thoughts to take over and control you. You let them grow and fester.*

- As the data processing center, you get to decide how to handle all the information.*** Remember you're in control. This means you can choose to toss out or ignore the incorrect data.

- Also, keep in mind that the brain is designed to detect danger and is hypersensitive to it. You may pick up on things that aren't even real.*



4. Get rid of unhelpful thoughts- Some thoughts may be true, but they aren't helpful.

Spend a few minutes to identify your helpful and unhelpful thoughts. Then, start to filter out and write down the unhelpful ones.

For example, if you know that the odds of making a perfect presentation at work are low, but you still have to do it, this is an unhelpful thought. It doesn't encourage you to do your best.

Unhelpful thoughts:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

Now, go through your unhelpful thoughts list and imagine tossing them one by one into a trash can.



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5. Take Action- Anxious thoughts often prevent you from taking action. They keep you stuck in fear and worry. Learn to take action even when you're afraid.

Action can actually decrease the number of anxious thoughts you have on a daily basis. It can show you that there's nothing to be afraid of, that you're powerful, and that you can make a positive difference.

Write down things you can influence positively in this moment and take action:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



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6. **Focus on the present-** Many anxious thoughts are focused on either the future or the past. You can break free by focusing on the present.

- Avoid thinking too much about the past or future by interrupting these thoughts. Notice when you're thinking about the past or future and guide your thoughts back to the present moment.*

- Sometimes thoughts from the past can make you afraid of the future. **Remember that the past doesn't have to repeat itself.** You have the power to change how your future will be shaped.*

Anxious thoughts don't have to control your life. You can take these steps to effectively take control of your mind when you find yourself worrying.

If these tips aren't enough, [consider talking to us](#) for additional help.

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