

# STEPS FOR MANAGING ANXIETY



## 1. IDENTIFY FEAR & PROBABILITY



☐ Fear: \_\_\_\_\_

☐ Probability: ☐ Low ☐ Medium ☐ High



## 2. DETERMINE CONTROL & CREATE A PLAN


Decide which fears you can control.


Can Control?   
 Yes  → Action Plan: \_\_\_\_\_   
 No  → Move to Step 3



## 3. PRACTICE ACCEPTANCE & LETTING GO

For things you cannot control:

 Name the fear.


 Practice acceptance.

 Let it go.




## 4. FOCUS ON THE PRESENT & TASKS IN YOUR CONTROL

Engage in present-moment activities.

 Mindful Breathing

 Work/Hobby Task

 Daily Chores

 Listen to music