

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