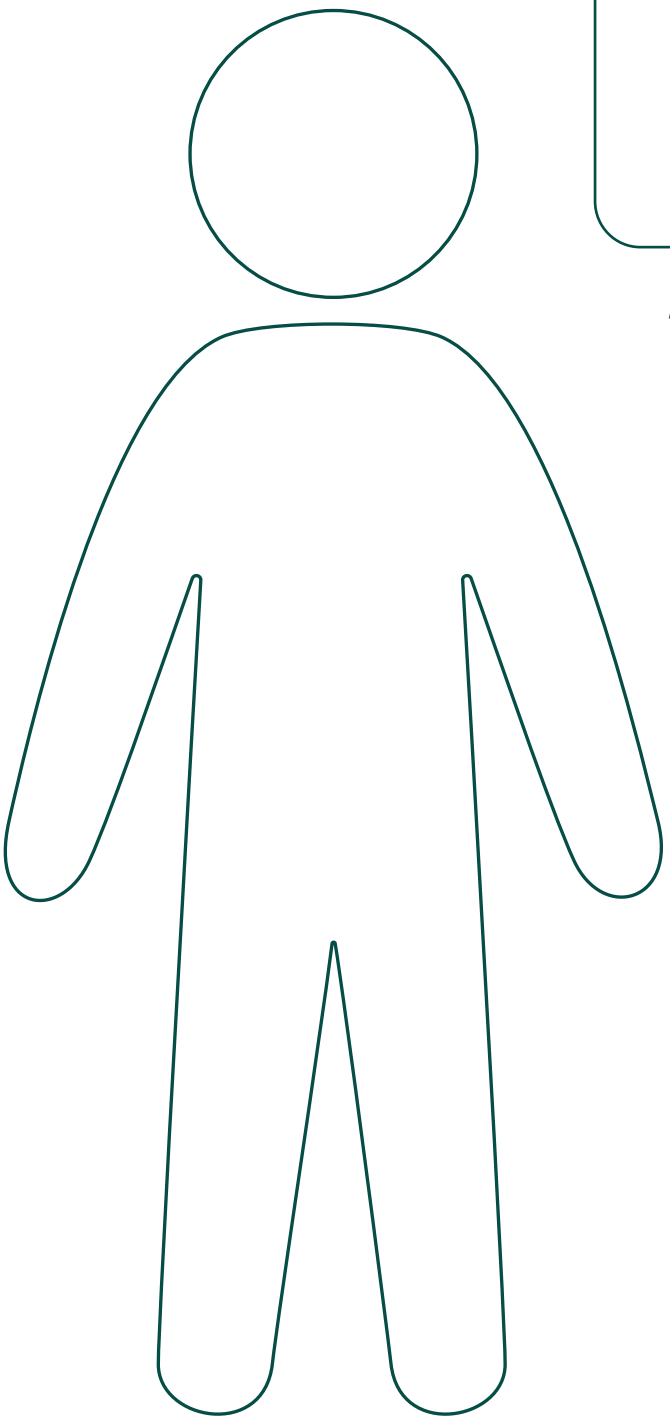
Investing in Wellbeing

Anxiety and me.

Use this worksheet as a prompt to reflect on how anxiety shows up in your life.

What changes do you notice in your body?

Mark them on the template. *(Consider the whole of your body, from top to toe).*



What thoughts an feelings appear when you're anxious?

What changes do you see in your behaviour? What do you do more of? What are the things you stop doing or try to avoid?

Make a list below: