

A dark, moody photograph of a window with multiple panes. A hand is pressed against the glass, creating a shadow. The text is overlaid on the right side of the image.

What You
Need To
Know About
Anxiety &
Panic Attacks

What You Need To know About Anxiety & Panic Attacks Workbook

Now, it's time to dig deep and learn more about yourself. Try to find a quiet place so you can spend some time reflecting on the questions. Share your honest thoughts here—there's no judgment or right answer. You are free to journal, brainstorm, and doodle in this space.

Journal Your Thoughts

[From: Anxiety Issues: Is it Every Day Worry or Something More?]

1. What do you worry about?

2. Do you find you suffer from any of these signs? If so, which ones?

3. How do you feel when you are worrying about something and how do you cope with it?

[From: What Is a Panic Attack Like?]

1. Have you ever experienced a panic attack? If so, what do you remember?

2. What are things you can do to help ease the symptoms of a panic attack?

3. Have you ever experienced a time when a friend or family member had a panic attack? How was the experience? If not, how would you help?

[From: When and How to Get Help for Anxiety]

1. Do you believe anxiety is running your relationship with friends and family? Why do you believe this to be true and how can you help fix it?

2. Are you involved in any support groups? Join some now and describe your experiences.

3. What kind of help would you like to receive for your anxiety? Once you identify it make a plan of action to get there.

[From: Talking About Anxiety Issues with Loved Ones]

1. What is holding you back from speaking with your loved ones about your anxiety?

2. Why do you want to speak to loved ones about your anxiety and how do you believe it will help?

3. Choose one person you trust and write a letter to them about your anxiety. Include as much detail as you can, including how you feel and why you chose them.

[From: Tips for Managing Anxiety]

1. Are there areas in your life that you believe are causing you more anxiety? How do you believe you can fix this?

2. What are situations you can control and can't control?

3. Take a moment to list common situations that cause you anxiety. Then write out a reason your anxiety is wrong. *For example, work makes me anxious because I don't want to get yelled at or get in trouble, but I never once have been yelled at or gotten in trouble.*
