

Anxiety Check-In

A gentle space to process your thoughts ■

Date: _____

Time: _____

■ How am I feeling right now?

■ What's making me anxious today?

■ Where do I feel this anxiety in my body?

■ What thought keeps replaying in my mind?

■ What do I need right now to feel safe?

■ One kind thing I can tell myself:

My anxiety level today:



Remember: This feeling is temporary. You've survived 100% of your worst days. ■