



My wellbeing action plan

Keeping check of my anxiety
Review date:
How have I been feeling this week/fortnight/month (delete as applicable)? _____ _____ _____ _____ _____
Reading through early warning signs, have I had any that I am concerned about? _____ _____ _____ _____

Have I got any signs of:	Yes	No
<ul style="list-style-type: none">• Hypothetical worries during the day that are hard to let go of:• Practical current worries that feel overwhelming to take any action about:• Avoiding things due to being anxious• Putting things off• Over-preparing for things• Seeking reassurance from friends, colleagues or loved ones• Feeling tense or other physical symptoms of anxiety		
<p>Do I need to take any action now to manage my worry and anxiety?</p> <hr/>		
<p>If I need to take action, what technique(s) helped before that I can use to help again?</p> <hr/> <hr/> <hr/> <hr/> <hr/>		

If so, what do I need to do and when am I going to do it?

If things are going well, what is it that has been helping me?

Keeping my worry management skills fresh

What are the key stages of the Worry Time technique?

What are the key stages of the practical problem-solving technique?

What are the key stages of progressive muscle relaxation?

Date of my next review day:

Put this on my calendar or phone so I will see it as a reminder.