

ANXIETY MANAGEMENT STRATEGY

Month: _____ Focus: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

DAILY GROUNDING TECHNIQUES

5-4-3-2-1 Sensory Method

Box Breathing (4-4-4-4)

Progressive Muscle Relaxation

Digital Detox (1 Hour)

COGNITIVE REFRAMING

Identify the Trigger

Challenge Negative Thought

Evidence For vs. Against

Compassionate Response

Reflections, triggers, and breakthrough moments...