

ANXIETY SELF-HELP WORKBOOK



Understand Anxiety • Reduce Worry • Build Emotional Calm



A gentle guide to understanding your anxiety
and building a calmer, stronger you.





Disclaimer

This workbook is designed for education and self-help.

It is not a substitute for professional psychological or medical care.

If anxiety is affecting your daily life or causing severe distress, please seek help from a qualified mental health professional.





What is Anxiety?

Anxiety is your body's natural alarm system.

It helps protect you from danger.

But when the alarm stays **ON** even without real danger, it becomes anxiety.

Remember

Fear **protects**.

Anxiety **overprotects**.



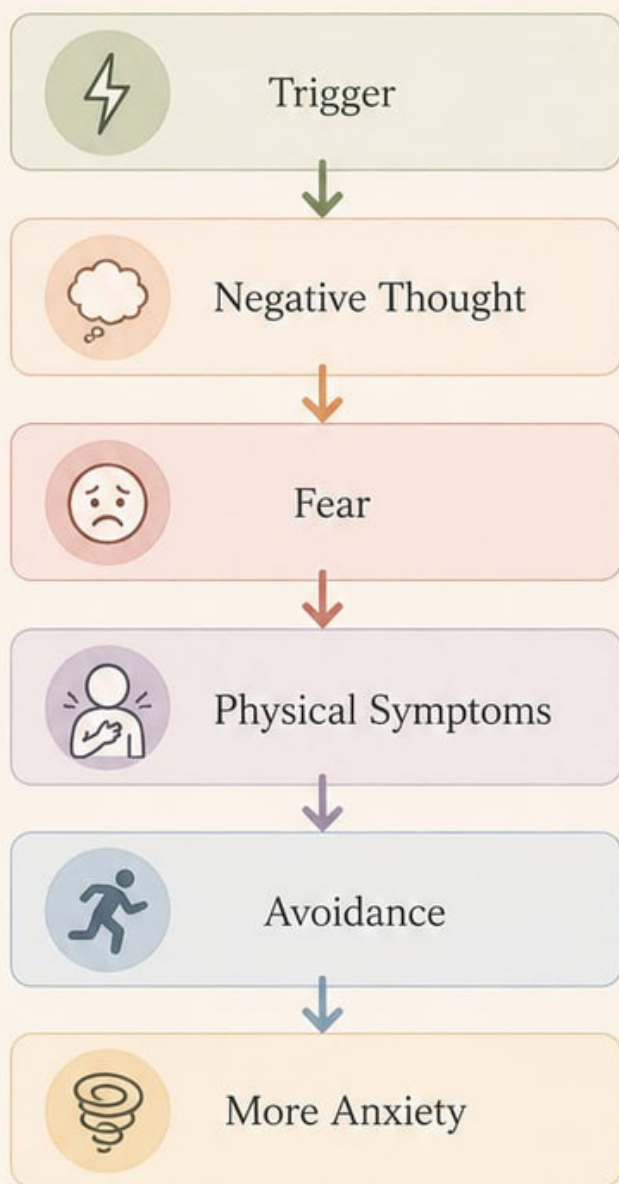
Anxiety is not your enemy.
It is a signal. Learn to understand it, not ignore it.





Why Does Anxiety Happen?

Flow Chart



Common Triggers

-  Exams
-  Health
-  Family
-  Money
-  Social situations
-  Future uncertainty



Understanding the cycle
is the first step
to breaking it.





Worksheet 1

Anxiety Self-Assessment

Tick one answer.

Statement	Never	Sometimes	Often	Almost Always
 I worry most days.	☐	☐	☐	☐
 My heart races when I feel anxious.	☐	☐	☐	☐
 I avoid situations because of fear.	☐	☐	☐	☐
 I struggle to relax.	☐	☐	☐	☐
 I expect the worst.	☐	☐	☐	☐
 I cannot stop worrying.	☐	☐	☐	☐
 Anxiety affects my sleep.	☐	☐	☐	☐
 Anxiety affects my work/studies.	☐	☐	☐	☐

Reflection

-  Mostly Never/Sometimes → Mild anxiety.
-  Mostly Often → Practice this workbook regularly.
-  Mostly Almost Always → Consider professional support.



Common Signs of Anxiety



1 Racing thoughts



2 Fast heartbeat



3 Sweating



4 Trembling



5 Restlessness



6 Poor sleep



7 Difficulty concentrating



8 Constant worrying

Experiencing one or more of these signs is normal.

You are not alone.

Understanding is the first step to feeling better.



How Anxiety Affects You



Anxiety doesn't just affect your thoughts.
It affects your mind and **body**.

Mind



Fear



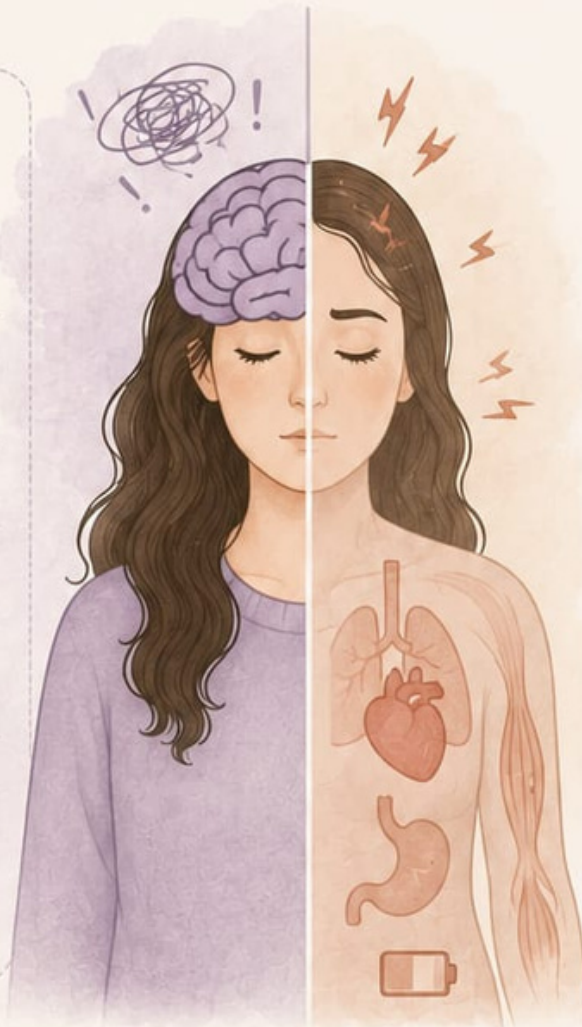
Poor
concentration



Irritability



Negative
thinking



Body



Chest
tightness



Headache



Muscle
tension



Stomach
discomfort



Fatigue



Your reactions are real.
Your feelings are valid.

**Understanding is the first
step to healing.**





Break the Anxiety Cycle

CALM Method

You can break the cycle of anxiety with small intentional steps.

Small steps create big changes.



You don't need to feel calm first.
You just need to take the first small step.





5-4-3-2-1

Grounding Technique

Notice

5 Things
You See



1 Thing
You Taste



4 Things
You Feel



2 Things
You Smell



3 Things
You Hear



Bring your attention back
to the present moment.





Daily Habits That Reduce Anxiety

Small habits. Big calm.



1 Sleep well

Good sleep helps your mind and body reset and heal.



2 Exercise

Movement releases tension and boosts mood naturally.



3 Eat healthy

Nourishing food supports a balanced mind and body.



4 Drink water

Stay hydrated to keep your brain and body strong.



5 Reduce caffeine

Too much caffeine can increase anxiety and restlessness.



6 Practice breathing

Deep breathing calms your nervous system instantly.



7 Spend time in nature

Nature lowers stress and brings mental clarity and peace.



8 Talk to someone you trust

Sharing your feelings lightens the load and brings support.



You don't need perfect habits.
You just need consistent small steps.





Build Your Anxiety Toolkit

Simple tools. Stronger you.

1 Grounding Breath



- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Repeat 4 times

2 5-4-3-2-1 Grounding



- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

3 Self-Compassion Check-In



- Pause and be kind
- You are not alone
- Small steps still matter

4 Move Your Body



- Walk, stretch, dance
- Release tension
- Boost your mood

5 Limit the Noise



- Take breaks from social media
- Reduce news
- Protect your peace

6 Journal It Out



- Write your thoughts
- Name your feelings
- Release and reflect

7 Create a Calm Space



- Your space, your rules
- Add what soothes you
- Come back to it often

8 Celebrate Small Wins



- Notice your progress
- You are growing
- Every step counts

You are doing better than you think.
You are enough.
You are becoming your greatest strength.



7-Day Anxiety Journal

Use this journal to understand your anxiety
and track what helps you feel better.



Day 	Situation 	Anxiety Level (1-10) 	What Helped Me? 	Notes 
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Remember

Awareness is the first step toward change.

Be patient and kind with yourself.



When Should I Connect with a Therapist?

It's okay to seek help. It is a sign of self-care,
not weakness.



Worksheet 2

Answer Yes or No.

- | | |
|--|---|
| ☐ Anxiety lasts most days. |  |
| ☐ I avoid normal activities. |  |
| ☐ Sleep is affected. |  |
| ☐ Work or studies are suffering. |  |
| ☐ Relationships are affected. |  |
| ☐ I experience panic attacks. |  |
| ☐ I cannot control my worries. |  |
| ☐ I feel exhausted all the time. |  |
| ☐ Friends or family have noticed changes. |  |
| ☐ I have thoughts of harming myself. |  |



Guidance



0 – 2 Yes:

Continue practicing self-help.



3 – 5 Yes:

Consider speaking with a mental health professional.



6+ Yes:

Professional assessment is strongly recommended.



Important

If you have thoughts of harming yourself, seek immediate help from emergency services or a qualified mental health professional.



You don't have to go through this alone.

Help is available, and things can get better.



My Personal Calm Plan



Small steps today, peaceful mind tomorrow.

Today I will



Practice deep breathing
for 5 minutes.

☐

Take a short walk.

☐

Challenge one
anxious thought.

☐

Talk to someone
I trust.

☐

Complete today's
journal.

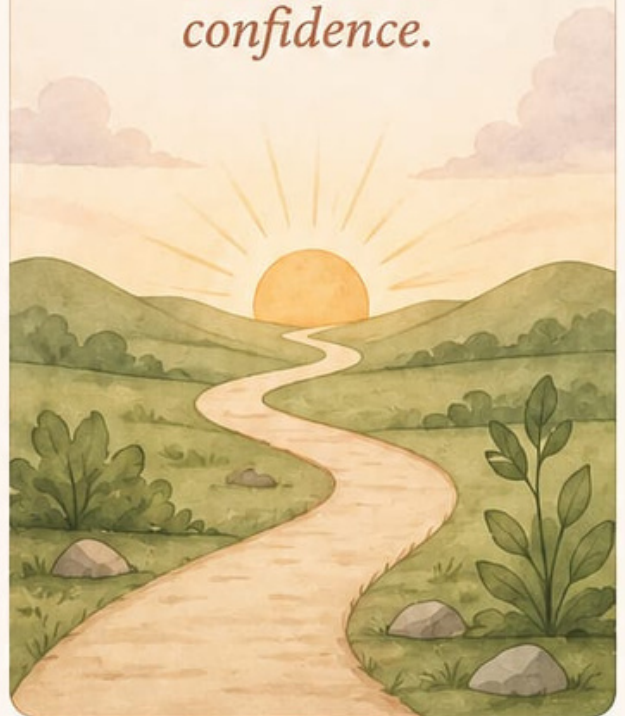
☐

Be kind to myself.

☐

 **Remember**

Small calm actions
repeated every day
create lasting
confidence.



You Are Doing Enough ♥

It's okay to have anxious days.
Keep showing up for yourself.
One small step at a time.



Our Team

Compassion • Clarity • Growth

Compassionate professionals dedicated to

promoting mental well-being and creating meaningful change.



Narender Kumar Vashistha

COUNSELOR | CAREER GUIDANCE EXPERT |
BEHAVIOUR MODIFICATION SPECIALIST

With over 27 years of experience in counseling, behaviour modification, career guidance, and personal development, he helps individuals build resilience, overcome challenges, and achieve meaningful growth.



Nikita Vashistha

FOUNDER | COUNSELING PSYCHOLOGIST

A Counseling Psychologist committed to promoting emotional well-being through evidence-based care, counseling, workshops, and mental health initiatives. She believes in creating safe spaces for healing and growth.



Safia

PSYCHOLOGIST | FREELANCE COUNSELOR |
WELLBEING EDUCATOR | CO-FOUNDER,
CONVOCARE INDIA

A psychologist, wellbeing educator, and mental health advocate passionate about accessible and inclusive mental healthcare. She works towards creating awareness, empowering communities, and reducing stigma.



Curly Couch Therapist

— Compassion • Clarity • Growth —

At Curly Couch Therapist, we believe that mental well-being is the foundation of a healthier and more meaningful life.

Through evidence-based psychological support, self-help resources, counselling, workshops, and mental health education, we strive to empower individuals with the knowledge and skills needed to navigate life's challenges with confidence and resilience.



Inside this book, you'll discover practical insights, evidence-informed strategies, and simple tools to support your emotional well-being and personal growth.

Connect With Us



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to explore counselling services,
workshops, self-help resources,
and upcoming wellness programs.

*Your journey toward healing,
resilience, and growth begins here.*