

Managing Anxiety & Worry

To assess your efforts to manage anxiety and worry, fill out the worksheet below. First, check the strategies you have tried already and rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful). Also, check the strategies you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Use relaxation & other stress management tools			
Practice problem solving			
Change negative thinking			
Stay connected			
Exercise			
Pursue pleasure			
Don't worry alone			
Consider counseling / therapy			
Consider medications			