



Anxiety Body Cues & Early Warning Signs Worksheet



A self-reflection tool for noticing anxiety patterns



Educational Use Only: This worksheet is for general education and personal reflection. It is not therapy, mental health treatment, diagnosis, or individualized professional advice. If you are experiencing a mental health crisis or feel unsafe, call 988 or go to the nearest emergency room.

1

When anxiety shows up, I may notice it in my body as:



- | | |
|--|---|
| <input type="checkbox"/> Tight chest | <input type="checkbox"/> Racing heart |
| <input type="checkbox"/> Shallow breathing | <input type="checkbox"/> Upset stomach |
| <input type="checkbox"/> Tense shoulders | <input type="checkbox"/> Sweaty hands |
| <input type="checkbox"/> Restlessness | <input type="checkbox"/> Trouble focusing |
| <input type="checkbox"/> Feeling frozen | <input type="checkbox"/> Other: _____ |



Example: My shoulders get tight and my heart starts racing.

2

My early warning signs may include:



- | | |
|--|--|
| <input type="checkbox"/> Overthinking | <input type="checkbox"/> Avoiding something |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Replaying conversations |
| <input type="checkbox"/> Needing reassurance | <input type="checkbox"/> Trouble sleeping |
| <input type="checkbox"/> Feeling on edge | <input type="checkbox"/> Wanting to escape |
| <input type="checkbox"/> Other: _____ | |



Example: I start replaying conversations and checking my phone a lot.

3

Common anxious thoughts that may show up:



- | | |
|---|--|
| <input type="checkbox"/> What if something bad happens? | <input type="checkbox"/> I cannot handle this. |
| <input type="checkbox"/> They are upset with me. | <input type="checkbox"/> I am going to mess this up. |
| <input type="checkbox"/> I need to figure this out right now. | <input type="checkbox"/> Other: _____ |

Example: I keep thinking, "They must be mad at me."

4

When I notice anxiety building, something that may help me feel more steady is:



- | | |
|---|---|
| <input type="checkbox"/> Using a grounding technique | <input type="checkbox"/> Taking slow breaths |
| <input type="checkbox"/> Stepping outside | <input type="checkbox"/> Stretching |
| <input type="checkbox"/> Talking to a supportive person | <input type="checkbox"/> Taking a short break |
| <input type="checkbox"/> Drinking water | <input type="checkbox"/> Naming what I feel |
| <input type="checkbox"/> Other: _____ | |



Example: I can pause, take a few slow breaths, and name five things I see.

5

One reminder I want to practice:

Example: I can notice this feeling without needing to fix everything right now.



6

One small supportive step I can take today:

Example: I can take a five-minute break before responding to a stressful message.



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