Anxiety Journal

Name: James Rodriguez	
Date: 10/27/2024	Time: 2:15 PM

Current anxiety level

Rate your anxiety from 1-10:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☑ 7 ☐ 8 ☐ 9 ☐ 10

(1 = completely calm, 10 = most anxious you've ever felt)

Physical sensations

Check all that apply:

☑ Rapid heartbeat	☐ Nausea
☑ Shallow breathing	☐ Dizziness
☑ Sweating	☐ Trembling
☑ Muscle tension	☑ Other: Tight chest, dry mouth

Current situation

What's happening right now?

Preparing for an important client presentation in 30 minutes. Working from home but will need to drive to the office soon.

Where are you?

Home office

Who are you with?

Alone

Thought patterns

What thoughts are going through your mind?

I'm not prepared enough even though I've been working on this for weeks.
What if I blank out during the presentation?
My boss will notice how nervous I am.
I might mess up this opportunity.
The commute traffic will make me late.

Coping strategies

Check what you tried:

☑ Deep breathing	☐ Movement
☑ Progressive muscle relaxation	☐ Talking to someone
☑ Grounding exercises	☑ Engaging in distractions
☑ Other: Cold water on face, organizing presentation materials	

How helpful was it on a scale of 1-10:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☑ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

What kind of support do you need right now?

Would help to have someone review my presentation points quickly or perhaps do a quick practice run. Might call my colleague for a brief check-in.

Notes and reflection

You can also use these prompts to get started:

- *"At this moment, I feel..."*
- *"My worry about [situation] is making me think..."*
- *"Three things I can control right now are..."*
- *"When I focus on my breathing, I notice..."*

At this moment, I feel overwhelmed but I recognize this is my anxiety talking. I've done these presentations before successfully.
My worry about the presentation is making me think I'm underprepared, but when I review my materials, I know the content well.

Three things I can control right now are:
1. My preparation time remaining
2. Leaving early to avoid traffic
3. My breathing and physical response

When I focus on my breathing, I notice my shoulders are tense. Taking time now to roll them back and relax them.