

Anxiety and Panic Skills Workbook for Adults

Reflection and practical support for anxiety and panic

My name _____ Date started _____

This workbook is an educational tool for learning about anxiety, recognizing patterns, and practicing coping skills. Use pages in any order. It cannot diagnose a condition or replace care from a health professional.



My anxiety and panic profile

Panic symptoms can overlap with medical conditions, medication effects, and other concerns. A qualified clinician can help assess symptoms.

My main concerns

My earliest signs

How anxiety affects daily life



Panic episode record

Tracking may help reveal patterns, but stop if it increases symptom checking or distress.

Situation	Body and thoughts	What I tried	What happened



My response plan

Notice the response, orient to the present, use a gentle slower exhale if comfortable, and contact support when needed.

A phrase I can use

My grounding choices

A support person



The fear spiral

A feared prediction may feel like a fact during panic. Examine it later, when you feel ready.

A feared prediction

What supports and challenges that prediction

A more balanced possibility



My avoidance map

Choose a safe, gradual step with a clinician when needed. Do not use exposure exercises for unsafe situations, trauma triggers, or unexplained medical symptoms on your own.

Situation I avoid	What I fear may happen	A safe next step with support



Daily supports

These supports can help with the baseline of anxiety but do not need to be perfect.

Area	A realistic next step
Sleep and rest	
Food and hydration	
Movement within my abilities	
Caffeine, alcohol, or other substances	
Connection	



Treatment and support

Professional care may include assessment, therapy, medication, or other supports matched to your needs.

My clinician or therapist

A goal to discuss

Questions about treatment



When to seek more help

New, severe, or unusual chest pain, breathing difficulty, fainting, or other concerning physical symptoms need prompt medical assessment. Do not assume they are panic. If symptoms are disrupting life, talk with a clinician.

If you are in immediate danger or cannot stay safe, call 911 or go to an emergency department. In the United States, call or text 988 for emotional crisis support. Children and teens should tell a trusted adult right away.



30 day guided journal

These prompts come from the source document. Use them in any order or leave pages blank.

Day 1

Describe how anxiety affects your daily life.

Day 2

What are your earliest physical signs of anxiety?



Day 3

What does a panic attack feel like for you?

Day 4

What situation, thought, or sensation do you fear most?



Day 5

What is your feared prediction in that situation?

Day 6

What evidence supports and challenges that prediction?



Day 7

Write a balanced, compassionate response to your fear.

Day 8

What do you avoid because of anxiety?



Day 9

What short-term relief does avoidance provide?

Day 10

What has avoidance cost you over time?



Day 11

Identify one safe, gradual step toward something anxiety has limited.

Day 12

What does your inner critic say when you are anxious?



Day 13

How would you respond to a friend experiencing the same anxiety?

Day 14

Write that response to yourself.



Day 15

What helps your body settle after anxiety or panic?

Day 16

What supports sleep when anxiety is high?



Day 17

How do food, hydration, movement, rest, or substances affect your anxiety?

Day 18

What has helped you get through a previous difficult period?



Day 19

Who can offer practical, emotional, or professional support?

Day 20

What do you need to ask for this week?



Day 21

What relationship or responsibility is anxiety affecting?

Day 22

What boundary could reduce unnecessary stress?



Day 23

What value or goal matters to you beyond anxiety?

Day 24

What is one small action toward that value?



Day 25

What does a meaningful life look like even with some anxiety present?

Day 26

What trigger can you plan for rather than avoid?



Day 27

What coping statement do you want available during a panic episode?

Day 28

What progress, however small, have you noticed?



Day 29

What support or treatment adjustment might be useful to discuss?

Day 30

Finish this sentence:



30 day mood and anxiety tracker

A brief record may help you notice patterns. Stop tracking if it increases worry.

Day	Mood	Worry 0–5	What helped
1			
2			
3			
4			
5			



ANXIETY / PANIC SKILLS / ADULTS

Day	Mood	Worry 0–5	What helped
6			
7			
8			
9			
10			



ANXIETY / PANIC SKILLS / ADULTS

Day	Mood	Worry 0–5	What helped
11			
12			
13			
14			
15			



ANXIETY / PANIC SKILLS / ADULTS

Day	Mood	Worry 0–5	What helped
16			
17			
18			
19			
20			



ANXIETY / PANIC SKILLS / ADULTS

Day	Mood	Worry 0–5	What helped
21			
22			
23			
24			
25			



ANXIETY / PANIC SKILLS / ADULTS

Day	Mood	Worry 0–5	What helped
26			
27			
28			
29			
30			



Closing reflection

There is no deadline for this page.

A pattern I noticed

A skill that helped

What remains difficult

One realistic next step

Further reading: National Institute of Mental Health, Panic Disorder; American Academy of Pediatrics, HealthyChildren.org anxiety resources; Newcastle Hospitals NHS, Coping with Panic Attacks for Children and Young People.

