Handy Hacks: Anxiety

Creating an Anxiety Journal

Putting your thoughts, ideas, and feelings into writing is an excellent way to pause and articulate what's happening in your mind or heart. It also serves as an effective method for monitoring your mood, offering a record of your mental health journey. Here are some prompts you can use to start off:

Steps:

1. Do a heart scan for anxiety: Take a moment to check in with yourself. Write down everything you're feeling related to your anxiety, without holding back. Let the thoughts flow freely—don't worry about being organized, just express what's inside.
2. Grounding through a memory: Look around the room and pick an object. Focus on it, and let it remind you of a memory. Write about the emotions connected to that memory and how it makes you feel right now.
3. Listen to your anxiety: Imagine your anxiety has a voice. What is it saying? What does it need? Journal about its message, giving it space to be acknowledged.