



Manage HIGH FUNCTIONING ANXIETY

One of the most simple yet effective way toward self-care.

STEP 1: NAME IT TO TAME IT

✓ What's the anxious thought or fear right now?

→ Example: "I'm afraid I'll mess up this project."

✎ Write yours here: _____

STEP 2: RATE YOUR ANXIETY (0-10)

✓ 0 = Calm | 10 = Overwhelmed

✎ My anxiety level right now is: _____

STEP 3: ACTIVATE YOUR BODY CALM

✓ Choose **1**:

☐ 4-7-8 Breathing (In 4, Hold 7, Out 8)

☐ Shake out your hands or feet for 30 seconds

☐ Name 5 things you see, 4 things you hear, 3 things you touch, 2 things you smell and 1 thing you taste.

STEP 4: REFRAME THE STORY

✓ "Is this *fact* or *fear*?"

✎ Example: "I'm allowed to make mistakes and still be valuable."

✎ Your new thought: _____

STEP 5: TAKE ONE TINY STEP

✓ Action shrinks anxiety. Choose **one**:

☐ Send the email

☐ Take a stretch break

☐ Write a kind affirmation to yourself

☐ Other: _____

For You: It is natural to succeed *and* feel anxious at the same time. Both can co-exist but you're the one in charge. Don't fear your anxiety, it is only an emotion. Regulate your anxiety with right tools and coping skills. 🧡