

Managing anxiety can feel overwhelming, especially when it disrupts your thoughts, emotions, and daily life. But with practical strategies and a bit of practice, you can learn to reduce anxiety's impact and find more calm and balance in your everyday routines. [This workbook offers a variety of worksheets designed to help you understand your anxiety, develop effective coping skills, and build confidence in managing challenging moments.](#)

Here is a brief introduction to each worksheet included in this package:

Pages 1-5: Nervous System Regulation

This worksheet helps you understand how emotions show up in your body and guides you in practicing techniques to calm your nervous system. Regulating your nervous system can reduce anxiety and improve your emotional responses in challenging situations.

Pages 6-9: Identifying Your Triggers

Learn to recognize the specific situations, thoughts, or events that trigger your anxiety. Understanding your triggers is the first step toward managing them more effectively.

Pages 10-11: Cognitive Restructuring

This worksheet guides you in challenging negative thoughts and replacing them with more balanced, realistic ones. By changing how you think, you can reduce anxiety and improve your overall mindset.

Pages 12-14: Self-Care Inventory

Assess your current self-care habits and identify areas where you can make improvements. Prioritizing self-care is essential for reducing anxiety and maintaining mental well-being.

Pages 15-18: Hierarchy of Fears

Create a list of your fears, from least to most anxiety-provoking, to help you gradually face and overcome them. This approach can build your confidence and reduce the intensity of your anxiety over time.

Pages 19-21: SMART Goals

Use this structured method to set clear, specific, and achievable goals that help reduce anxiety by providing direction and focus. SMART goals break down overwhelming tasks into manageable steps, making them easier to accomplish.

Pages 22-28: Practicing Gratitude

This worksheet encourages you to focus on the positive aspects of your life, which can shift attention away from anxiety and promote a more optimistic outlook. Consistent gratitude practice builds resilience and enhances emotional well-being.

Pages 29-34: PLEASE Skill

Learn to apply the PLEASE skill from DBT to improve both your mental and physical health. This worksheet focuses on essential self-care strategies to help manage anxiety by keeping your body and mind balanced.



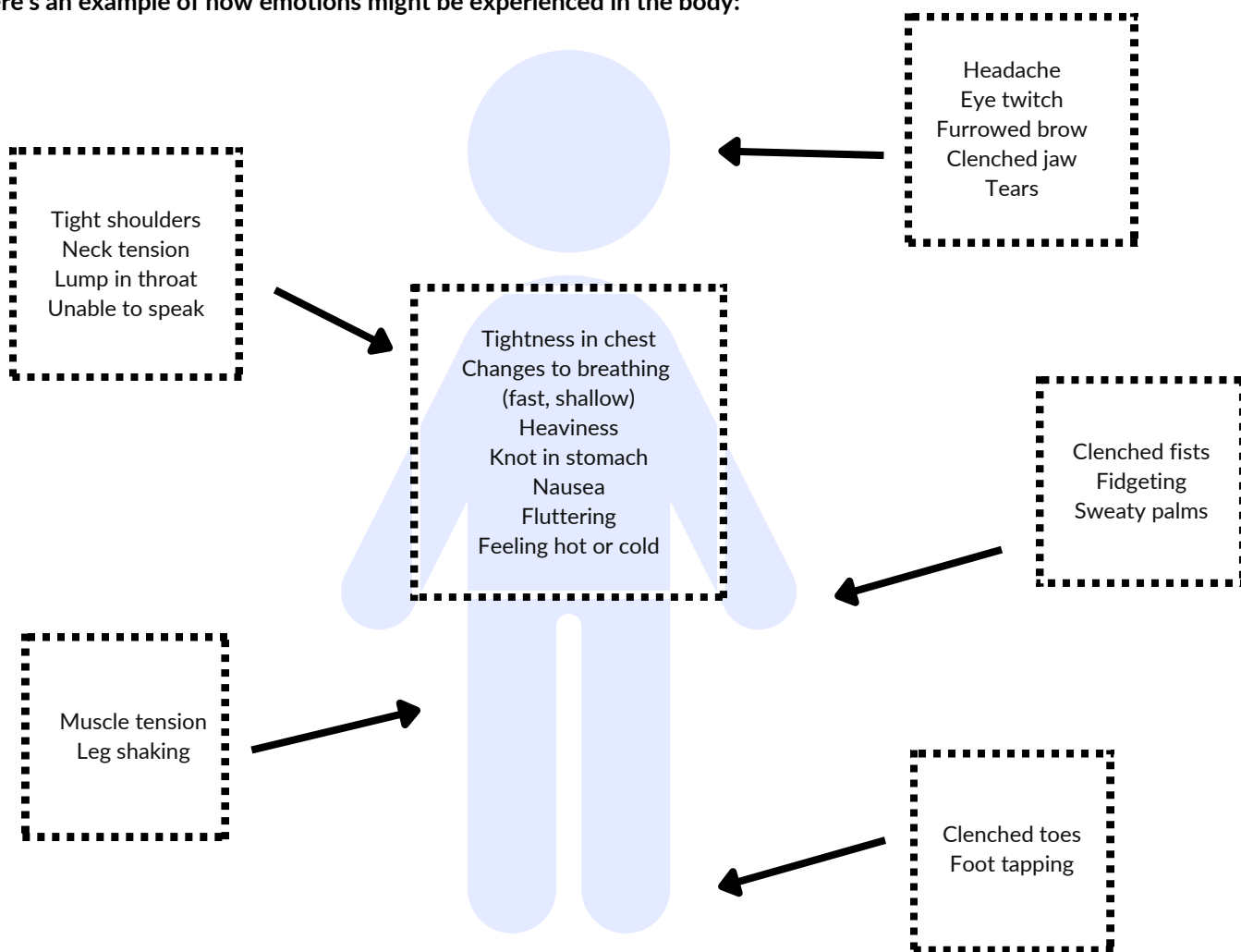
Nervous System Regulation

Nervous system dysregulation occurs when your body becomes overwhelmed by chronic stress, trauma, or emotional strain, causing it to get “stuck” in the extremes of high anxiety or a low-energy, shut-down state. This can look like racing thoughts, difficulty sleeping, feeling jumpy, or even physical symptoms like a racing heart or tense muscles. On the other hand, dysregulation can also manifest as exhaustion, numbness, or a sense of disconnection from yourself or others. These signs show that your nervous system isn't balancing well between states of alertness and rest.

Regulating your nervous system means finding ways to help your body feel calm, safe, and grounded, even in the face of stress. It's about using techniques that help you shift out of states of high alert or shutdown and move toward a place where you feel more stable and centered. By learning to regulate your nervous system, you can improve your ability to cope with life's challenges, experience more emotional balance, and feel more connected to yourself and others.

This worksheet will guide you in recognizing how your emotions show up as physical sensations, like tension, fluttering, or heaviness. Understanding these sensations is the first step in managing stress and emotions more effectively. You'll learn to tune into your body's signals and practice techniques to help calm or soothe these responses, giving you tools to handle stress and emotional challenges in a healthier way.

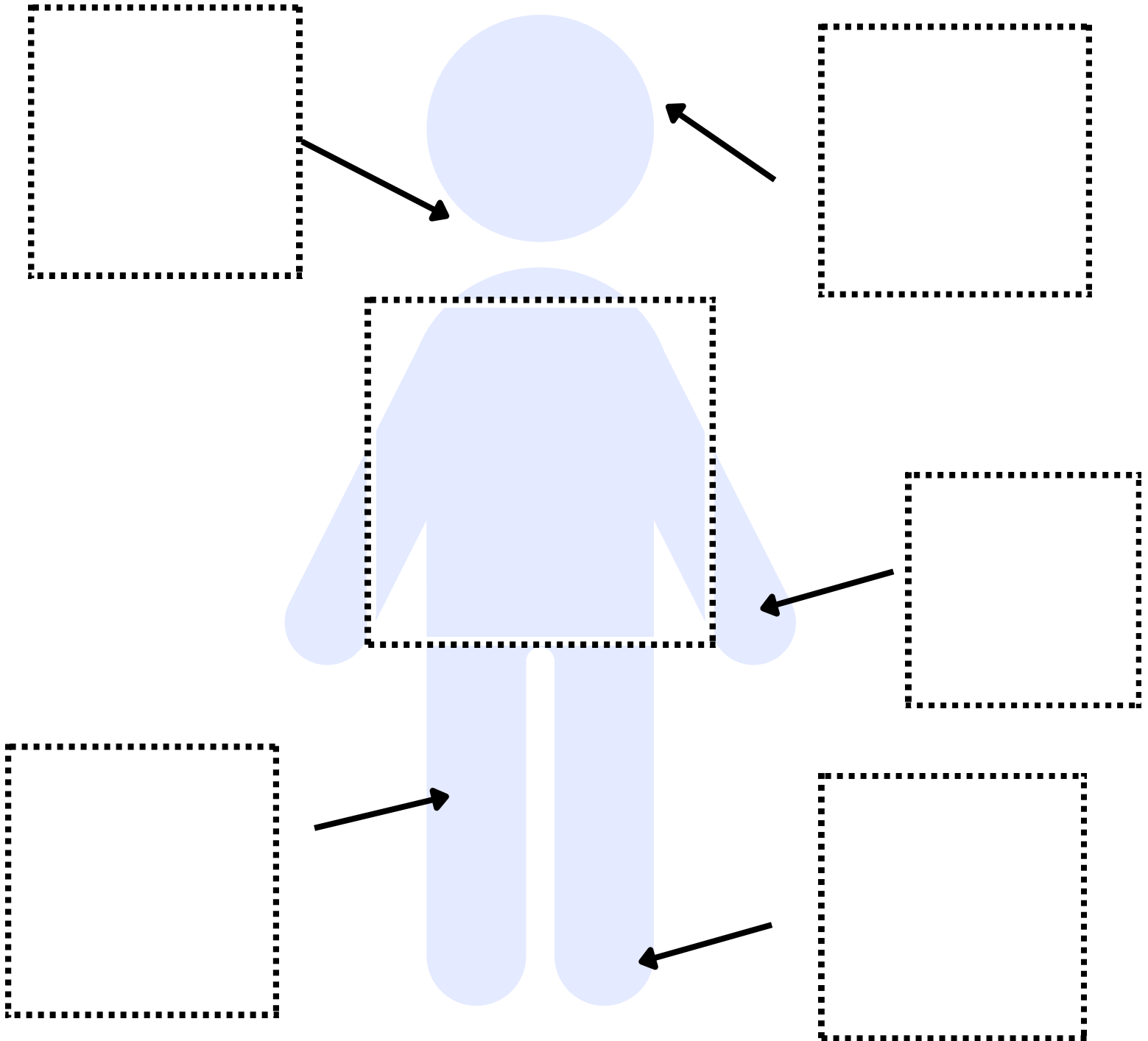
Here's an example of how emotions might be experienced in the body:



Nervous System Regulation

PART 1: Scan Your Body for Sensations

Starting with your feet and working your way up, notice any physical sensations. These can be positive, neutral, or uncomfortable. There is no wrong answer. Just notice what you notice and write it down. Here's an example of how emotions might be experienced in the body.

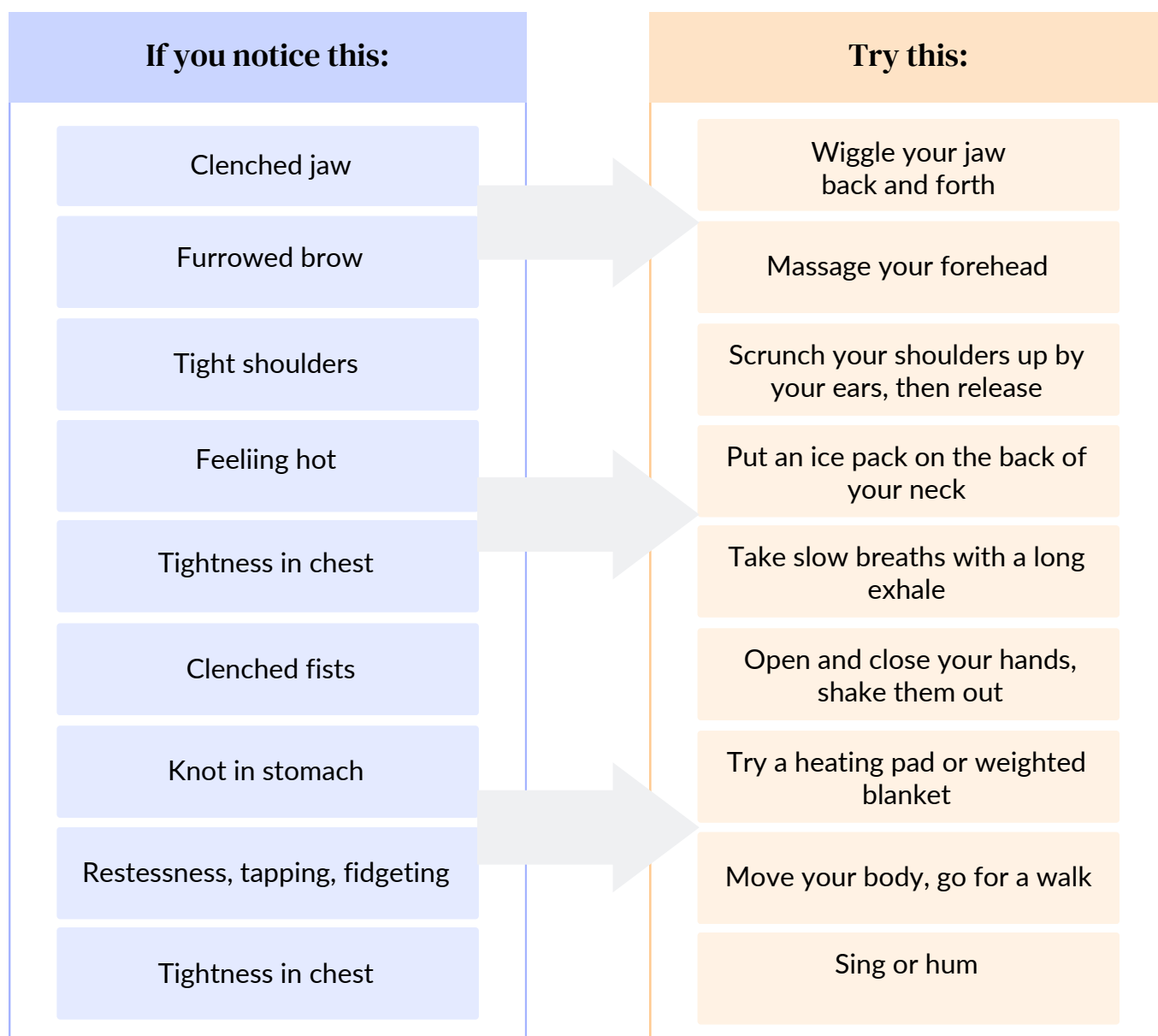


Nervous System Regulation

One way to regulate your nervous system is by addressing the physical sensations that come up when you are feeling strong emotions. This could include changing your temperature, relaxing a muscle, or doing something that feels soothing.

PART 2: Regulating the Nervous System

Now, what to do about it? When you're feeling a difficult emotion, first notice what it feels like in your body then try one of these techniques. Notice how you feel afterward.



Nervous System Regulation

Daily self-care for the nervous system is important for being able to cope with physical and emotional responses to difficult situations. This means engaging in activities that help you feel centered, grounded, present and calm on a daily basis. Stress, illness and even the pressures of everyday life can dysregulate the nervous system, and these activities can help you move through your emotions in a healthy way.

PART 3: Daily Nervous System Self-Care

Nurture your nervous system! Use this worksheet to help you rate how often you do these practices, then add this list to your daily self-care routine.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3

★ Nervous System Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	Practice breathing including taking slow breaths with a long exhale
<input type="checkbox"/>	<input type="checkbox"/>	Move your body, stretch or go for a walk
<input type="checkbox"/>	<input type="checkbox"/>	Do 5 minutes of mindfulness meditation, simply noticing your senses
<input type="checkbox"/>	<input type="checkbox"/>	Tense and relax each muscle group in your body starting with the toes and working up
<input type="checkbox"/>	<input type="checkbox"/>	Take a break from screens and any over-stimulating media
<input type="checkbox"/>	<input type="checkbox"/>	Listen to soothing music or sounds
<input type="checkbox"/>	<input type="checkbox"/>	Take a warm bath or shower
<input type="checkbox"/>	<input type="checkbox"/>	Do aromatherapy with essential oils or a favorite candle
<input type="checkbox"/>	<input type="checkbox"/>	Spend time outdoors in nature
<input type="checkbox"/>	<input type="checkbox"/>	Drink a cup of comforting tea or another soothing ritual before bed



Nervous System Regulation

Journaling can be a powerful tool for building new habits that support nervous system regulation. Journaling also allows you to explore which techniques or coping tools are most effective, so you can refine your routine. It can also help you determine which tools are the most helpful for you so you can make this a regular part of your daily routine.

PART 4: Daily Reflection

Reflect on how you feel each day as you practice these techniques. Track the techniques you are using, how effective they were, and any patterns of changes you have noticed.

Which techniques did you use today?

Which technique was the most effective?

Rate your nervous system regulation today (1-10)

PART 4: Weekly Progress

Reflect on the week and note any patterns or significant changes.

Which techniques worked well this week?

Which techniques did not work and need to be adjusted?



Identifying Your Anxiety Triggers

Understanding what triggers your anxiety is a crucial step toward managing it effectively. An anxiety trigger is any situation, event, or thought that initiates feelings of anxiety. These triggers can be external, such as specific places or social situations, or internal, such as particular thoughts or memories.

Identifying your anxiety triggers involves paying close attention to the situations that make you feel anxious, as well as the physical symptoms, thoughts, and emotions that accompany these situations. **By becoming aware of your triggers, you can anticipate and prepare for them, reducing their impact on your life.** This worksheet will guide you through the process of identifying and analyzing your anxiety triggers, and help you develop strategies to cope with them.

PART 1: Identify Triggers

List a situation where you commonly feel anxious and describe the associated physical symptoms, thoughts, and emotions. (Example page.)

Situation Description

Giving a presentation at work.

Location

Conference room at the office.

People Involved

Team members, direct manager, senior executives, and a few clients.

Before

1 What were you feeling physically?

Heart racing and feeling like it's pounding out of my chest. Sweating more than usual, particularly on the forehead and palms

2 What were you thinking about?

- "What if they ask questions I can't answer?"
- "Everyone is expecting a flawless presentation; any mistake will make me look incompetent."

3 How did you feel emotionally?

Extremely nervous, almost panicky. Self-conscious and doubting my abilities.

After

1 What were you feeling physically?

Heart rate slowly returning to normal, but feeling drained and fatigued. A lingering headache.

2 What thoughts did you have?

- "I should have prepared better; I wasn't as confident as I wanted to be."
- "Maybe I'm just not cut out for this kind of responsibility."

3 How did you feel emotionally?

Embarrassed about a few moments where I stumbled. Extremely anxious about what my manager thought of my performance.



Scan to learn more about identifying and managing anxiety triggers.

Identifying Your Anxiety Triggers

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	



Scan to learn more about identifying and managing anxiety triggers.

PART 2: Identify Patterns & Exploring the Impact

Look for patterns in the situations or thoughts that trigger your anxiety. Recognizing these patterns will help you anticipate when anxiety might arise and prepare yourself to manage it more effectively.

Are there common themes, people or situations that often trigger anxiety?

Are there any early warning signs or cues that help you recognize when you're being triggered?

What does your inner dialogue sound like when you feel triggered?

How do your anxiety triggers affect your behavior or decision-making?



Scan to learn more about coping strategies you can use for anxiety.

Identifying Your Anxiety Triggers

What changes or adjustments could you make in your daily routine to reduce exposure to common triggers?

How can you reframe or challenge negative thoughts associated with your anxiety triggers?

PART 3: Develop Coping Strategies

Learn coping strategies that can help you manage anxiety in challenging situations.
To learn more about coping skills you can use, scan the QR code below.

- Take some deep breaths. Try to inhale through your nose for a count of 4, hold your breath for a count of 7, and then exhale slowly through your mouth for a count of 8. Repeat 5 times.
- Ground yourself with the 5-4-3-2-1 method. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Ask yourself if your fears are based on facts or assumptions. Look for evidence that supports or contradicts these thoughts, and consider more balanced, realistic perspectives.
- Treat yourself with the same kindness and understanding you would offer a friend.

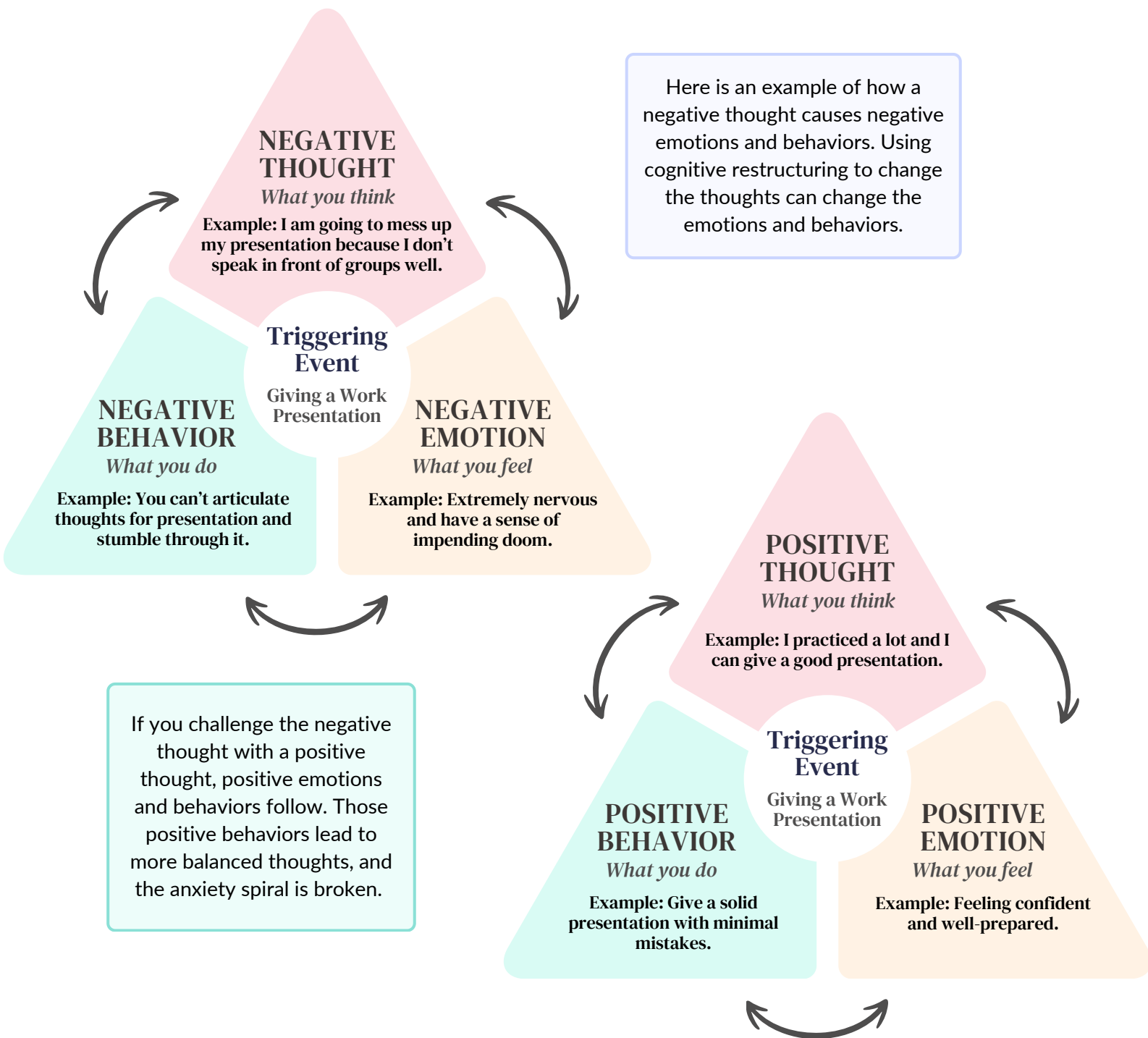
- Keep a journal to document your anxious thoughts. Writing them down can help you analyze and understand their patterns and triggers, making it easier to manage them over time.
- Gradually tense and then relax different muscle groups in your body, from head to toe, to release physical tension and promote relaxation.
- Use positive affirmations to counter anxious thoughts and affirm your ability to handle challenges.
- Create a list of your strengths, skills, and past achievements. Review this list whenever anxiety arises to remind yourself of your abilities and successes.



Scan to learn more about coping strategies you can use for anxiety.

Cognitive Restructuring

Cognitive restructuring is a CBT technique that involves recognizing negative and unhelpful thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. **For someone experiencing anxiety, cognitive restructuring can help challenge and change the anxious and often irrational thoughts that contribute to their feelings of fear and worry.**



Cognitive Restructuring

THOUGHT

What you think in a situation
Ex: I'm going to fail at this task.

EMOTION

How you feel
Ex: I feel anxious and scared.

BEHAVIOR

How you act in the situation
Ex: Procrastinate or over-prepare to the point of exhaustion.

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are causing you increased anxiety by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

Thoughts	<hr/> <hr/> <hr/> <hr/>
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Is my thought factual?	<hr/> <hr/> <hr/> <hr/>
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What evidence do I have to support my thought?	<hr/> <hr/> <hr/> <hr/>
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What would someone else say about the situation?	<hr/> <hr/> <hr/> <hr/>
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Is it possible to view this situation differently?	<hr/> <hr/> <hr/> <hr/>
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Self-Care Inventory

Self-care is any technique that enhances your well-being and replenishes your mind and body. For example, practicing daily gratitude, laughing with a loved one, and taking daily walks can boost your mood and improve overall well-being. A self-care routine is not one-size-fits-all but requires experimenting with different strategies to understand what works best for you.

This worksheet is designed to help you explore a variety of specific self-care activities that can improve your well-being. You will be asked to rank each activity on a scale from 1-3 to determine how well you are currently engaging in these practices. After ranking, you can “star” the activities you would like to do more often. The goal of this worksheet is to help you recognize the different types of self-care available to you, identify what you are doing well, and pinpoint areas where you can improve to feel better overall.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3 ★ **Physical Self-Care: Improving your physical health.**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Engaging in regular physical activity such as walking, running, yoga, or strength training.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ensuring you get enough restful sleep each night to rejuvenate your body.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drinking enough water throughout the day to stay hydrated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintaining good hygiene practices such as bathing, brushing teeth, and grooming.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attending regular check-ups and following medical advice from healthcare professionals.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking time to relax and unwind, through activities like taking a bath and getting a massage.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Limiting or avoiding the use of alcohol, tobacco, and other substances.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paying attention to your body's needs, such as stretching when tense or resting when tired.



Self-Care Inventory

1 2 3 ★ **Emotional Self-Care:** Processing & expressing your emotions.

<input type="checkbox"/>	<input type="checkbox"/>	Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.
<input type="checkbox"/>	<input type="checkbox"/>	Spending time with friends and family to build support and reduce feelings of isolation.
<input type="checkbox"/>	<input type="checkbox"/>	Practicing mindfulness to stay present and manage negative thoughts.
<input type="checkbox"/>	<input type="checkbox"/>	Writing down thoughts and feelings to process emotions and gain insights.
<input type="checkbox"/>	<input type="checkbox"/>	Keeping a gratitude journal or reflecting on things you are thankful for.
<input type="checkbox"/>	<input type="checkbox"/>	Using positive affirmations to counter negative self-talk and build self-esteem.
<input type="checkbox"/>	<input type="checkbox"/>	Using music to relax, uplift your mood, or express your emotions.
<input type="checkbox"/>	<input type="checkbox"/>	Expressing your emotions through art, music, writing, or other creative outlets.
<input type="checkbox"/>	<input type="checkbox"/>	Set achievable goals and celebrate your progress, no matter how small.
<input type="checkbox"/>	<input type="checkbox"/>	Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3 ★ **Social Self-Care:** Fostering & maintaining healthy relationships.

<input type="checkbox"/>	<input type="checkbox"/>	Spending time with people you like and make you feel good about yourself.
<input type="checkbox"/>	<input type="checkbox"/>	Asking for help from friends or family when you're feeling down or overwhelmed.
<input type="checkbox"/>	<input type="checkbox"/>	Learning to say no and establishing boundaries to protect your emotional well-being.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in support groups to gain insight and emotional support from others.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in clubs or organizations that align with your interests to meet new people.
<input type="checkbox"/>	<input type="checkbox"/>	Giving your time to help others in your community to foster connection and purpose.
<input type="checkbox"/>	<input type="checkbox"/>	Going to social gatherings, parties, or community events to build your social network.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.
<input type="checkbox"/>	<input type="checkbox"/>	Actively listening when talking with others, which helps strengthen your relationships.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling intentional alone time with your romantic partner.



Self-Care Inventory

1 2 3



Professional Self-Care: Maintaining a healthy work-life balance and pursuing career development opportunities.

Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

Stepping away from work to recharge, through daily short breaks and using vacation time.

Talking to a supervisor or HR about mental health challenges (if it feels safe).

Exploring available support options, such as employee assistance programs (EAP).

Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

Ensuring your work environment is comfortable and conducive to productivity.

Establishing achievable work goals and celebrating small accomplishments.

Being kind to yourself during work and avoiding excessive self-criticism.

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



Spiritual Self-Care: Nurturing your spirit and providing purpose.

Practicing meditation to connect with your inner self and find peace and clarity.

Engaging in prayer or other forms of communication with a higher power.

Spending time in nature to experience connection to the world around you.

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

Participating in spiritual or religious community activities.

Engaging in artistic activities, such as painting, music, or writing.

Performing acts of kindness and service to others, fostering a sense of purpose.

Acting in accordance with your morals to create a sense of integrity in your life.

Spending time with the people who give your life meaning.



Hierarchy of Fears

This worksheet is designed to help you systematically confront and overcome your anxiety by gradually exposing yourself to the feared object or situation. Start by identifying your specific anxiety triggers, then break it down into smaller, manageable steps, and rank these steps from least to most anxiety-provoking. Then, systematically work through each step, starting with the least threatening and gradually progressing to more challenging ones.

STEP 1: What is your primary fear? (Example page.)

Example: Fear of flying.

STEP 2: List smaller fears that are related to your primary fear.

1. Watching videos of airplanes taking off and landing.

2. Reading articles about flying.

3. Visiting an airport without boarding a plane.

4. Sitting in a stationary airplane.

5. Booking a flight ticket.

6. Walking through the boarding gate.

7. Sitting in an airplane during a short flight.

STEP 3: Rank these fears from 1 (low anxiety) to 10 (high anxiety).

Situation That Triggers Your Fear	Anxiety Level
1. Watching videos of airplanes taking off and landing.	2
2. Reading articles about flying.	3
3. Visiting an airport without boarding a plane.	5
4. Sitting in a stationary airplane.	6
5. Booking a flight ticket.	7
6. Walking through the boarding gate.	8
7. Sitting in an airplane during a short flight.	10



Hierarchy of Fears

STEP 4: Plan your exposures, starting with the least anxiety-provoking step. (Example page.)

Fear Being Conquered	Coping Skills I Will Use	Due Date	Anxiety Before	Anxiety After
1. <i>Watching videos of airplanes taking off & landing.</i>	<i>Deep breathing, visualization of safe flight</i>	5/1	2	0
2. <i>Reading articles about flying.</i>	<i>Taking breaks to ground, support from a friend</i>	5/7	3	1
3. <i>Visiting an airport without boarding a plane.</i>	<i>Support from a friend, practicing grounding exercises</i>	5/11	5	2
4. <i>Sitting in a stationary airplane.</i>	<i>Listen to music, progressive muscle relaxation</i>	5/17	6	4
5. <i>Booking a flight ticket.</i>	<i>Rational thinking, support from a friend via phone call</i>	5/21	7	3
6. <i>Walking through the boarding gate.</i>	<i>Deep breathing, mindfulness, focusing on one step</i>	6/1	8	6
7. <i>Sitting in an airplane during a short flight.</i>	<i>Visualization of a smooth flight, positive self-talk, listening to calming music</i>	6/7	10	7

JOURNAL: Questions to ask yourself throughout the exposure process.

What was my experience with this step?

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Were the coping skills I used effective?

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Do I need to break down any steps further or add new steps?

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Hierarchy of Fears

STEP 1: What is your primary fear?

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STEP 2: List smaller fears that are related to your primary fear.

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STEP 3: Rank these fears from 1 (low anxiety) to 10 (high anxiety).

Situation That Triggers Your Fear	Anxiety Level
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SMART Goals is a structured goal-setting method that helps individuals create clear, actionable objectives. For individuals dealing with anxiety, this approach is particularly beneficial because it provides structure and clarity, which can reduce feelings of overwhelm and improve confidence. **By breaking down larger tasks into specific, manageable steps, SMART goals make it easier to take action without becoming paralyzed by anxiety.**

S

Specific

What is your goal? Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.

Example: I want to finish writing a 20-page research paper on climate change for my environmental science class.

M

Measurable

How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.

Example: I will measure my progress by completing 5 pages each week, ensuring that I reach the 20-page target by the deadline.

A

Achievable

Is your goal realistic? What steps can you take to make your goal achievable? Break down your goal into smaller, manageable tasks.

Example: I will allocate two hours each day to work on my paper, ensuring that I have enough time to research, write, and revise.

R

Relevant

Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

Example: Completing this research paper will help me improve my writing skills and deepen my understanding of climate change, which is essential for my career in environmental science.

T

Time-Bound

What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.

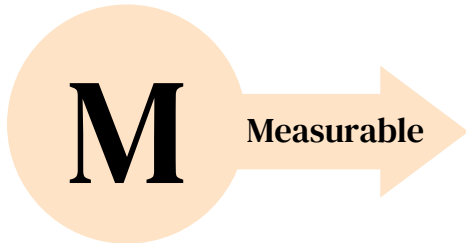
Example: My deadline for the research paper is December 15th. I will start by creating an outline and gathering initial research materials today.



SMART Goals is a structured goal-setting method that helps individuals create clear, actionable objectives. For individuals with panic disorder, this method is particularly helpful as it helps provide structure and clarity, which can reduce feelings of overwhelm and improve confidence. Use the following worksheet to set your own SMART goals.



What is your goal? Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.



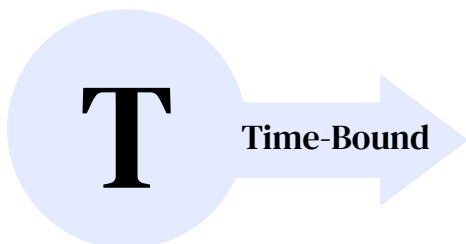
How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.



Is your goal realistic? What steps can you take to make your goal achievable? Break down your goal into smaller, manageable tasks.



Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.



What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.



Be Flexible

If you're struggling to reach a goal, don't be afraid to adjust it. It's okay to change the timeline, make the goal smaller, or alter the steps as needed.

Celebrate Milestones

Reward yourself for every step or milestone you reach, no matter how small. This could be as simple as taking a break, enjoying a favorite treat, or planning a fun activity.

Give Yourself Enough Time

Make sure you have enough time to achieve your goals without feeling overwhelmed. It's better to allow extra time and feel accomplished than to set an unrealistic deadline and feel discouraged.

Stay Patient & Be Kind to Yourself

Progress may be slow, and setbacks can happen. Remind yourself that change takes time, and be kind to yourself if things don't go perfectly.

What obstacles have I encountered, and how have I handled them?

What progress have I made so far? What am I proud of?

What support or resources might help me continue making progress?



Practicing Gratitude

Gratitude is more than just a positive feeling; it's a practical tool that can help manage anxiety and improve your mental well-being. When you practice gratitude regularly, it can shift your focus away from anxious thoughts and help you notice the good things in your life, building resilience against stress. This worksheet is designed to help you recognize and appreciate the positive aspects of your daily experiences.

PART 1: Daily Gratitude List

Write down three things you are grateful for each day. (Example page).

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M	<i>Example: The taste of fresh coffee in the morning.</i>	<i>The kind text my friend sent me.</i>	<i>The relaxing bath I took to unwind.</i>
T	<i>A productive work meeting where I felt heard.</i>	<i>My cozy blanket keeping me warm while I read.</i>	<i>A surprise call from my mom to check on me.</i>
W			
T			
F			
S			
S			

PART 2: Weekly Reflection

Reflect on your gratitude entries at the end of each week. Answer the following questions:

Which gratitude entries for this week stood out to you the most and why?

The kind text my friend sent me stood out because it reminded me that I have people who care about me, even on tough days.

Which gratitude entries for this week stood out to you the most and why?

Practicing gratitude helped me stay positive and focused on the good things in my life, even when I felt stressed.



Practicing Gratitude

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

Which gratitude entries for this week stood out to you the most and why?

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.....

.....

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

WEEK 2	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

Which gratitude entries for this week stood out to you the most and why?

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How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

WEEK 3	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

Which gratitude entries for this week stood out to you the most and why?

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How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

WEEK 4	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

Which gratitude entries for this week stood out to you the most and why?

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How did practicing gratitude affect your mood and outlook over the week?

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PART 3: Monthly Summary

At the end of each month, summarize your gratitude practice. (Example page.)

What patterns do you notice in the things you are grateful for?

The highlights included reconnecting with an old friend over coffee and experiencing a beautiful day at the beach with my family.

How has your perspective changed since you started practicing gratitude?

I've begun to notice the small, often overlooked joys in my daily life, such as the sound of rain on my window or the smell of freshly baked bread from the local bakery.

What new gratitude practices would you like to try next month?

I would like to start a gratitude jar where I can add notes about what I'm thankful for each day and review them at the end of the month.

What challenges did you face in practicing gratitude, and how did you overcome them?

I found it difficult to focus on positive aspects during stressful times, but setting a specific time each day to reflect helped me stay consistent.

Which gratitudes can you turn into a daily affirmation?

I am grateful for the abundance in my life.

I appreciate the love and support I receive from others.

I am thankful for the opportunities to grow and learn each day.

I am grateful for the beauty of nature around me.



PART 3: Monthly Summary

At the end of each month, summarize your gratitude practice.

What patterns do you notice in the things you are grateful for?

How has your perspective changed since you started practicing gratitude?

What new gratitude practices would you like to try next month?

What challenges did you face in practicing gratitude , and how did you overcome them?

Which gratitudes can you turn into a daily affirmation?



DBT PLEASE Skill

The PLEASE skill in dialectal behavior therapy (DBT) is a simple acronym that helps you remember the basics of mental and physical well-being. **By taking care of your body and mind, you create a more stable foundation for managing anxious thoughts and emotions.** This worksheet will guide you through applying the PLEASE skill to manage intense emotions that get in the way of feeling good.



PL

Treat Physical Illness

Make sure to look after your overall physical health by having regular check-ups, staying active, and following any medical advice. Taking care of your body helps keep your mind stable and healthy.



E

Balanced Eating

Try to eat regular, healthy meals. Good nutrition can help keep your mood steady and give you the energy you need, making you less likely to feel upset or stressed.



A

Avoid Mood-Altering Substances

Stay away from substances like alcohol and drugs that can affect your mood and thinking. Avoiding these helps you think clearly and manage your emotions better, which is important for your mental health.



S

Balanced Sleep

Getting enough sleep is very important for handling your emotions well. Try to keep a regular sleep schedule. Good sleep helps your mind work properly and keeps your emotions steady, reducing the chances of feeling moody or upset.



E

Exercise Daily

Exercise can lift your mood, reduce stress, and improve your overall emotional well-being. It also helps your body produce endorphins, which make you feel happier.



DBT PLEASE Skill

PHYSICAL ILLNESS: Take care of your physical health.

Track your progress daily for a week to see if you are attending to your physical health on a regular basis or if there is room for improvement.

	M	T	W	T	F	S	S
Scheduled and attended doctors appointments							
Took medications							
Took a shower and washed face							
Brushed my teeth							
Moved my body							
Ate nutritious food							
Went outside							
Drank enough water							
Limited time on social media							
Cleaned the house							
Spoke to another person							

What challenges did you face when taking care of your physical health and how can you overcome them?

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DBT PLEASE Skill

BALANCED EATING: What we eat contributes to our mental health.

Keep track of the foods you consume for several days and how you feel after you eat them. The more specific you can be about how you feel after eating, the better!

Food Consumed	How I Felt After Eating it
1.
2.
3.
4.
5.
6.
7.
8.
9.

Which foods made you feel the best & what foods do you want to avoid going forward?

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DBT PLEASE Skill

**AVOID MOOD
ALTERING
SUBSTANCES:**

Evaluate your use of substances that may affect your mood.

Substances such as alcohol, non-prescription medications, drugs, and caffeine can affect your ability to regulate your emotions. One of the keys to emotional stability is to take medication as prescribed and avoid substances used for self-medicating.

What mood altering substances do you use?

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What are your personal reasons for avoiding mood altering substances?

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What steps can you take to reduce or eliminate these substances?

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What challenges might you face and how can you overcome them?

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DBT PLEASE Skill

BALANCED SLEEP: Getting enough sleep is important to your mental health.

You should strive for 7 to 9 hours of sleep per night and establish good sleep habits to help regulate your mood.

With a sleep diary, you can log your bedtime, night awakenings, and morning wake-up times. This helps you see your sleep patterns and overall sleep duration, as well as how often your sleep is disrupted. Additionally, a sleep diary helps you track activities affecting your sleep. You'll note when you exercise, nap, take medication, or consume caffeine or alcohol.

INSTRUCTIONS: (1) Write the date and type of day: Work, School, or Day Off. (2) Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise. (3) Put a "B" in the box to show when you go to bed. Put a "Z" in the box that shows when you think you fell asleep. (4) Put a "Z" in all the boxes that show when you are asleep at night or when you take a nap during the day. (5) Leave boxes empty to show when you wake up at night and when you are awake during the day. **SAMPLE ENTRY BELOW:**

Date	Type of Day	P.M.											A.M.												
		12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
7/12	Work		C					E		A		M	B	Z	Z	Z	Z		Z	Z	Z				

Date	Type of Day	P.M.											A.M.												
		12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11



DBT PLEASE Skill

EXERCISE DAILY: Exercise is a great way to balance your mood.

Though it can be challenging to incorporate exercise into your daily routine, completing it can make you feel better physically and mentally. Even 20-30 minutes of brisk walking can be beneficial.

DATE & TIME	TYPE OF EXERCISE	DURATION	INTENSITY

Which workouts did you enjoy the most & want to do more?

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What challenges did you face and how can you overcome them?

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