

Creating a Mindfulness Anxiety Plan

“Part of managing our anxiety is anticipating when it might show up and coming up with a plan to deal with it when it does” (Peterson, 2018, p. 170).

The following steps help you create a mindfulness plan for your anxiety triggers:

When I begin to notice anxiety in my body, I will:

For example, practice slow, deep breathing, or mindfully focus on each of my senses in turn.

If my anxiety is getting away from me, I will call or text:

For example, best friend, partner, or family member.

Every day I will do the following activities to help keep my anxiety at bay:

For example, practice mindfulness, go for a walk outside, stop and enjoy a mindful cup of tea.

Making mindfulness a habit can help your overall background anxiety and reduce your response to triggers that cause emotional upset, fear, and panic.

References

- Peterson, T. J. (2018). *The mindfulness workbook for anxiety: The 8-week solution to help you manage anxiety, worry & stress*. Emeryville, CA: Althea Press.

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