

Anxiety Diary- Identifying a pattern & the cause				
Day & Time	Situation (Cause of stress/ anxiety)	How I felt/Symptoms (Feelings physically and psychological)	How anxious (out of 10)	



	A mydatu Mana	warmant Dlan		
Anxiety Management Plan				
Symptoms (Feelings physically and psychological)	Situation (Cause of stress/ anxiety)	Short term Strategy (Coping in the moment)	Long term Strategy (To reduce or remove the cause)	