Anxiety Trigger Tracker

Track anxiety episodes by noting triggers, early signs, coping strategies, and outcomes. Review patterns weekly with your therapist or support team to refine your plan.

Quick Reference Coping Strategies

- Deep Breathing / Box Breathing
- Positive Self■Talk
- Quiet Break Space
- Visualization / Guided Imagery
- Grounding (5■4■3■2■1 Method)
- Sensory Tool (stress ball, fidget)
- Movement / Walk
- Progressive Muscle Relaxation

Date/Time	Trigger	Early Signs/Symptoms	Strategy Used	Outcome (Calm/Improved/Still Anxious)	Notes