ANXIETY AND DEPRESSION HELP

Personal Anxiety Safety Plan

Complete this plan when you feel calm, so you have clear steps ready when anxiety escalates. Keep a copy on your phone or somewhere easy to find.

1. My Warning Signs

Early signs that my anxiety is building (physical, emotional, behavioural):

2. Things I Can Do On My Own

Coping strategies that have helped before (breathing, walking, music, grounding, etc.):

1. _____
2. _____
3. _____
4. _____
5. _____

3. People & Places That Help Me Feel Calmer

Person I can call:

_____

Phone:

_____

Person I can call:

_____

Phone:

_____

Safe / calming places I can go:

4. Professional Support

Therapist / counsellor / doctor:

Phone / appointment line:

Crisis helpline (24/7):

US: 988 · UK: 116 123 · Canada: 988 · Australia: 13 11 14 · More: findahelpline.com

Anxiety Safety Plan (continued)

5. If Anxiety Becomes Overwhelming

Step-by-step — do these in order:

1. Pause and remind myself: *This is anxiety. It is uncomfortable but it will pass.*
2. Slow my breathing — longer exhale than inhale (e.g. in 4, out 6).
3. Use grounding: name 5 things I see, 4 I feel, 3 I hear, 2 I smell, 1 I taste.
4. Try one coping strategy from Section 2 above.
5. If still distressed, contact someone from Section 3 or a crisis line.

6. Things to Avoid When Anxious

(e.g. excessive caffeine, isolating completely, reassurance-seeking loops, alcohol)

7. Reasons to Keep Going / What Matters to Me

People, values, or goals that give me hope:

8. Review Date

I will review and update this plan on: _____ Signature: _____

Disclaimer: This worksheet is an educational self-help tool, not a substitute for professional mental health care. If you have thoughts of harming yourself, contact emergency services or a crisis helpline immediately.

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