

3 Templates for Coping with Anxiety on the Go

Life is busy, and you have things to do. Anxiety can creep in at any moment, so it's important to address it right away. Doing so can help—even if you don't have a journal, are in a crowd, or are in between tasks.

Copy these templates into your phone's notes app for an easily accessible journaling tool on the go.

Not sure where to start? Begin with this template.

1. What's on your mind?
2. From 0%-100% how true is this thought?
3. What is your evidence for this thought?
4. How can you reframe this thought to be more true?

Are you stuck in a thought-loop? Use this template.

Is this a problem I need to solve now or just a “thought to notice” and set aside?

If your best friend had this thought what would you say to them?

Feeling overwhelmed? Use this template

1. Name three things that are going right, even if they are small.
2. Write down one place that feels safe (can be real or imaginary). Write down as much detail as possible. If someone had never been there what would they see? What would they hear? What would they smell?