

Emergency Anxiety Attack Plan Worksheets

1. Recognizing Your Anxiety Attack Symptoms

List the physical and emotional signs that indicate an anxiety attack is starting for you.

2. Environmental Adjustments

Identify places where you feel safe and can go during an anxiety attack.

Note any objects or personal items that provide comfort.

3. Seeking Support

List names and contact information of people who can provide support.

If you have a therapist or counselor, include their contact information here.

4. Aftercare Plan

Outline actions you'll take after an anxiety attack to help recover.
