

## **Anxiety and Bad News Worksheet**

### **Step 1: Beat the Hormone Rush**

- Take 5 deep, slow breaths. In through the nose, blow slowly out through the mouth.
- If you have a pet, pet it and talk to him/her.
- If anxiety seems to overwhelm you, take 1 or 2 caps GABA cps (500 mg each)

### **Step 2: Reframe your mental picture**

Write down - at least 5 things you are grateful today. Journal about it, if you like.

1.....

2.....

3.....

4.....

5.....

**Step 3: Compare and Weigh Outcomes**

Fill out this list:

WORST CASE SCENARIO	BEST CASE SCENARIO

After you finished, look at your worst case scenario:

Am I strong enough to deal with it yourself?     Yes     No

**If the answer is no**, reach out for the appropriate help. Talk to a friend, your spouse, a counselor, your doctor or other confidant.

Then look at the best case scenario:

How would I feel if the best case is going to happen?.....

Now weigh the chances:

What outcome is realistic? .....

.....

**Step 4: Make a plan**

Lay out an action plan to find out what you need to do next. Write it down below and schedule it on your calendar. Get it out of your head.

People I can talk to about it that will support me and won't bring me down (Name, phone or how you will contact them

.....

.....

.....

People I need to make an appointment with for practical advice

Doctor:.....

Lawyer:.....

Bank:.....

Financial Advisor.....

Insurance:.....

Trustee in Bankruptcy.....

Others:.....

.....

### **Step 5: Do something else. Move your body**

So then it's time to go for a walk or to the gym to clear out your head.

#### **Options: (add your favorites)**

- Go for a walk (outdoors, if possible)
- Take the pet for a walk
- Walk up and down steps for 10 min
- Walk on your treadmill
- Take a bike ride (indoors or outdoors)
- Go to the Gym
- Do 10 slow, deep squats
- Do 10 jumping jacks
- Dance to music
- Play with the kids (outside, real play, not computer games)
- Play a sport
- Do a TaiChi Set
- Do Yoga
- Do QiGong
- Sing aloud

**[Need more individualized support? Click HERE to contact me!](#)**



**Dr. Christine Sauer**  
**MD ND (Ger), INHC, CBHC**  
**Certified Mental and Brain Health Coach**  
**Care – Dedication - Results**