

# Strides for Managing Anxiety

## Anxious Actions in Your Daily Life

The table below can help you identify the anxious actions that you may encounter in your daily life. Take a moment to fill this table out and bring it to your next check-in with the Mindstride team.



- ☐ **Overthinking**
- ☐ **Focusing a lot on Details**
- ☐ **Venting to a Friend, Family, Loved One**
- ☐ **Worrying**
- ☐ **Preparing for the Worst Outcome**
- ☐ **Going into a Rabbit Hole of Information**
- ☐ **Procrastinating**
- ☐ **Distracted by Social Media**
- ☐ **Avoiding a Situation**
- ☐ **Wanting Complete Control of a Situation**
- ☐ **Seeking Validation and Reassurance**
- ☐ **Drinking Alcohol and/or Using Other Drugs**
- ☐ **Picking your Hair, Skin, and/or Biting Your Nails**
- ☐ **Other:** \_\_\_\_\_
- ☐ **Other:** \_\_\_\_\_
- ☐ **Other:** \_\_\_\_\_
- ☐ **Other:** \_\_\_\_\_
- ☐ **Other:** \_\_\_\_\_