



ANXIETY

SYMPTOMS & SOLUTIONS WORKSHEET



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Anxiety: Symptoms & Solutions Worksheet

Note each anxiety or stress **symptom** you identify as you move through your week in the space below. Then identify a possible **solution** for each from our workshop or from a hit of wisdom that comes after a meditation session. Most importantly, hold yourself accountable – when will you execute this? Progress is the goal.

Symptom	Possible Solutions
<i>Difficulty going to sleep</i>	<i>Body Scan Meditation, Journaling, White Noise</i>

