

Anxiety Care Plan

Living with anxiety can feel overwhelming. Because triggers and responses to treatment vary, management is not the same for everyone. We'll work together to build a plan that supports your wellbeing.

General tips:

- Keep a consistent sleep schedule.
 - Stay active with regular physical activity.
 - Limit caffeine, alcohol, and other stimulants that can worsen anxiety.
 - Practice stress-management strategies like deep breathing, meditation, or yoga.
 - Stay connected with supportive friends, family, or groups.
 - Break tasks into small steps when feeling overwhelmed.
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Therapy and support:

- Counseling/therapy sessions: Keep your scheduled sessions.
 - Skills to practice at home: _____.
 - Support resources: _____.
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Prescription medication:

Take as prescribed. Continue even if you don't feel better right away. Call us if you have questions, side effects, or concerns before making changes.

Action plan for worsening symptoms:

- If anxiety becomes overwhelming, use your coping strategies (breathing, grounding, calming activities).

- Contact our office if symptoms interfere with sleep, work, or daily life.
 - If you ever feel unsafe or unable to cope, call 988 (Suicide & Crisis Lifeline in the U.S.) or go to the nearest ER.
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Tracking:

Tracking helps us understand patterns and triggers so we can adjust your plan.

- Record daily anxiety levels, sleep quality, physical activity, and any triggers you notice.
 - I recommend the **juli app** (search “juli chronic condition” in your phone’s app store). It simplifies tracking, shows how factors like sleep, stress, and routines affect anxiety, and lets me review your progress at future visits. Use code _____ for free full access.
 - Paper, your phone’s notes app, or another app may also work — the key is consistency.
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Useful information

Lifestyle supports:

- Try relaxation or grounding exercises daily.
- Build “wind-down” time before bed.
- Reduce screen time before sleep.
- Keep a journal (on paper or in the juli app) to track thoughts and progress.

Medication reminders:

- Take your medication at the same time each day.
- Don’t stop suddenly without checking with us.