



Journal & Measure Your Experience

See how your overall measure of 'anxiety' develops as the online sessions and offline exercises take effect.


- In itself, writing and thinking mindfully about a subject helps reduce stress and anxiety.
- The postcard format below encourages you to start to analyse the nature of your anxiety: what event triggered anxious feelings, what did you think because of the event, and what actions or feelings did those thoughts lead to?.
- As the programme progresses and your relationship with anxiety changes, you may be fascinated to observe how similar events start to cause very different Thoughts and Results.

 Postcard to Anxiety		<i>Daily Anxiety Thought Record Card</i>	
<i>Day:</i>	<i>Anxiety at Start:</i>	<i>Anxiety at End:</i>	
<i>Event/Trigger</i>	<i>Reaction</i>	<i>Scale of Anxiety</i>	

Journal & Measure - Blank Cards

ThinkWell LiveWell  Postcard to Anxiety *Daily Anxiety Thought Record Card*

<i>Day:</i>	<i>Anxiety at Start:</i>	<i>Anxiety at End:</i>
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ThinkWell LiveWell  Postcard to Anxiety *Daily Anxiety Thought Record Card*

<i>Day:</i>	<i>Anxiety at Start:</i>	<i>Anxiety at End:</i>
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