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Mental Health & Wellbeing

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This workbook has been created by Safe Haven Connect CIC to provide general mental health information, self-help guidance and wellbeing activities.

The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

Safe Haven Connect CIC is not a healthcare provider, and this workbook should not be used to diagnose or treat any mental health condition.

If you are concerned about your mental or physical health, please speak to your GP or another qualified healthcare professional.

If you feel you or someone else is at immediate risk of harm, contact your local emergency services or an appropriate crisis support service immediately.

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PAGE 1 – Understanding Anxiety

♥ What is anxiety?

Anxiety is your body's natural response to stress or feeling threatened. Everyone experiences anxiety from time to time, but when it becomes frequent or overwhelming, it can affect everyday life.

Anxiety can influence your thoughts, emotions, physical health and behaviour.

Experiencing anxiety doesn't mean you're weak—it means your mind and body are working hard to protect you.

Common signs of anxiety

- ☐ Constant worrying
- ☐ Racing thoughts
- ☐ Feeling restless
- ☐ Fast heartbeat
- ☐ Sweating
- ☐ Shaking
- ☐ Difficulty sleeping
- ☐ Trouble concentrating
- ☐ Feeling overwhelmed
- ☐ Avoiding situations

Reflection

Which symptoms affect you the most?

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PAGE 2 – Recognising Your Triggers

Everyone's anxiety is different.

Recognising what triggers your anxiety can help you understand it better.

♥ My anxiety is often triggered by:

- ☐ Work
- ☐ Social situations
- ☐ Money
- ☐ Health worries
- ☐ Relationships
- ☐ Change
- ☐ Crowds
- ☐ Uncertainty
- ☐ Other

♥ My biggest trigger is...

♥ How does my body react?

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PAGE 3 – Calming Your Mind

When anxiety feels overwhelming, try slowing things down.

♥ Five simple techniques

- ☐ Take five slow breaths.
- ☐ Name five things you can see.
- ☐ Drink a glass of water.
- ☐ Relax your shoulders and jaw.
- ☐ Remind yourself:

"This feeling will pass. I am safe right now."

♥ Which technique helped most?

♥ How do I feel now?

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PAGE 4 – Understanding Your Thoughts

Anxiety often makes our minds imagine the worst-case scenario.

Remember, thoughts are not always facts.

When you notice an anxious thought, ask yourself:

♥ Is there evidence this will happen?

♥ Am I assuming the worst?

♥ What would I say to a friend in this situation?

♥ Is there another way to look at this?

♥ My anxious thought

♥ A more balanced thought

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PAGE 5 – Box Breathing

When anxiety becomes overwhelming, slowing your breathing can help your body relax.

♥ Try this simple exercise

■ Breathe in for 4 seconds

■ Hold for 4 seconds

■ Breathe out for 4 seconds

■ Hold for 4 seconds

Repeat this for 2–5 minutes.

♥ Before breathing, my anxiety level was:

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

♥ After breathing, my anxiety level is:

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

♥ How do I feel now?

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PAGE 6 – My Worry Journal

Writing worries down can help stop them from constantly going around in your mind.

♥ What am I worrying about today?

♥ Can I control this?

☐ Yes

☐ No

♥ If YES, one small action I can take is:

♥ If NO, what can I do to let it go?

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PAGE 7 – Building Confidence

Anxiety can make us doubt ourselves.

Every time you face a fear, no matter how small, you are building confidence.

♥ Today I will challenge myself to...

- ☐ Make a phone call.
- ☐ Go for a walk.
- ☐ Speak to someone.
- ☐ Visit a new place.
- ☐ Try something I've been avoiding.
- ☐ Spend time outside.
- ☐ Practice deep breathing.
- ☐ Other:

♥ How did it go?

♥ What did I learn?

♥ Remember

Confidence doesn't come before taking action.

Confidence grows because you take action.

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PAGE 8 – Understanding Physical Symptoms

Anxiety doesn't just affect your mind—it can also affect your body.

♥ Common physical symptoms

☐ Racing heart

- ☐ Tight chest
- ☐ Sweating
- ☐ Shaking
- ☐ Feeling sick
- ☐ Dizziness
- ☐ Muscle tension
- ☐ Dry mouth
- ☐ Tingling sensations
- ☐ Feeling restless

These symptoms can feel frightening, but they are common experiences for many people with anxiety.

♥ Which physical symptoms do you notice most?

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PAGE 9 – My Anxiety Diary

Writing down your experiences can help you recognise patterns.

♥ Date

♥ What happened?

♥ How anxious did I feel?

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

♥ What helped me?

♥ What have I learned today?

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PAGE 10 – Creating My Calm Toolkit

Everyone is different. Build your own toolkit of things that help you feel calmer.

♥ Things that help me

- ☐ Deep breathing
- ☐ Listening to music
- ☐ Going for a walk
- ☐ Talking to someone
- ☐ Reading
- ☐ Journaling
- ☐ Taking a bath or shower
- ☐ Spending time in nature
- ☐ Meditation
- ☐ Playing with a pet
- ☐ Drawing or colouring
- ☐ Other:

♥ My favourite coping strategy

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PAGE 11 – Positive Reminders

When anxiety feels overwhelming, pause and read these reminders.

♥ I am safe in this moment.

♥ Anxiety is a feeling—it will pass.

♥ I don't have to believe every anxious thought.

♥ I have overcome difficult days before.

♥ I am stronger than my anxiety.

♥ It's okay to ask for help.

♥ Progress is made one small step at a time.

♥ My favourite reminder

♥ My own positive affirmation

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PAGE 12 – Facing Your Fears

Avoiding situations can make anxiety feel stronger over time. Taking small, manageable steps can help you build confidence.

♥ Choose one small challenge

- ☐ Make a phone call.
- ☐ Visit a new place.
- ☐ Start a conversation.
- ☐ Spend five minutes somewhere that makes me anxious.
- ☐ Try something I've been putting off.
- ☐ Other:

♥ How did I feel before?

♥ How did I feel afterwards?

♥ What did I learn?

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PAGE 13 – Looking After Your Body

Your body and mind work together. Looking after your physical health can support your mental wellbeing.

 Today's wellbeing checklist

- ☐ Drank enough water
- ☐ Ate regular meals
- ☐ Went outside
- ☐ Moved my body
- ☐ Got fresh air
- ☐ Took regular breaks
- ☐ Reduced caffeine
- ☐ Practised relaxation
- ☐ Got enough sleep

 One healthy habit I'd like to improve

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PAGE 14 – My Daily Gratitude

Anxiety often makes us focus on what could go wrong. Gratitude helps us notice what is going well.

♥ Today I am grateful for...

1.

2.

3.

♥ Something that made me smile today

♥ One thing I'm proud of today

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PAGE 15 – Weekly Reflection

Take a moment to reflect on your progress.

♥ This week I have learned...

♥ Something that helped my anxiety was...

♥ One thing I will continue doing

♥ My goal for next week

Remember

Every small step you take is a step towards understanding and managing your anxiety.

Be patient with yourself.

You are making progress, even if it doesn't always feel like it.

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PAGE 16 – Creating a Daily Routine

Having a simple daily routine can help reduce anxiety by creating structure and predictability.

 Tick the habits you'd like to include

☐ Wake up at the same time.

☐ Eat breakfast.

☐ Drink enough water.

☐ Spend time outdoors.

☐ Exercise or stretch.

☐ Take regular breaks.

- ☐ Practice deep breathing.
- ☐ Reduce screen time.
- ☐ Relax before bed.
- ☐ Go to bed at the same time.

♥ One routine I will start this week

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PAGE 17 – Managing Overthinking

Overthinking can leave us feeling stuck.

When you notice your thoughts racing, pause and ask yourself:

♥ Is this happening right now?

♥ Can I control it?

♥ What evidence do I have?

♥ What would I say to someone I care about?

♥ What's on my mind?

♥ A calmer way of thinking

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PAGE 18 – My Support Circle

You don't have to face anxiety alone.

♥ People I can talk to

Family

Friend

Healthcare Professional

Work or School

Other

♥ If I'm struggling today, I will...

- ☐ Talk to someone.
- ☐ Go for a walk.
- ☐ Journal my thoughts.
- ☐ Practice breathing exercises.
- ☐ Use grounding techniques.
- ☐ Be kind to myself.

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PAGE 19 – My Progress So Far

Take a moment to recognise how far you've come.

♥ Since starting this workbook...

I have learned...

I am becoming better at...

I feel proud because...

♥ Remember

Recovery isn't about never feeling anxious.

It's about learning new ways to respond to anxiety with patience, courage and self-compassion.

Every step forward—no matter how small—is worth celebrating.

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PAGE 20 – Sleep & Anxiety

Anxiety and sleep often affect each other. Worrying can make it harder to sleep, and poor sleep can make anxiety feel stronger.

♥ Tonight I will try to:

☐ Turn my phone off 30 minutes before bed.

☐ Avoid caffeine late in the day.

☐ Read a book.

☐ Listen to calming music.

☐ Practice deep breathing.

☐ Keep my bedroom cool and quiet.

☐ Write down tomorrow's tasks.

☐ Go to bed at a regular time.

♥ One thing that helps me sleep

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PAGE 21 – Managing Worry

Worry is a normal part of life, but it can become overwhelming when we try to solve everything at once.

♥ My biggest worry today

♥ Is this something I can control?

☐ Yes

☐ No

♥ If YES, my next small step is...

♥ If NO, what can I let go of?

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PAGE 22 – My Self-Care Plan

Looking after yourself every day can reduce the impact anxiety has on your life.

♥ This week I will:

☐ Drink enough water.

☐ Eat regular meals.

☐ Go for a walk.

- ☐ Spend time outdoors.
- ☐ Journal my thoughts.
- ☐ Practice mindfulness.
- ☐ Spend time with family or friends.
- ☐ Listen to music.
- ☐ Read a book.
- ☐ Get enough sleep.
- ☐ Ask for help if I need it.

♥ My favourite way to relax

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PAGE 23 – Positive Affirmations

Sometimes the words we say to ourselves matter most.

Read these affirmations slowly.

♥ I am safe.

♥ I can cope with this moment.

♥ Anxiety does not define me.

♥ I am stronger than I realise.

♥ Every breath helps me feel calmer.

♥ I choose progress over perfection.

♥ I deserve peace.

♥ I believe in myself.

♥ My favourite affirmation

♥ My own affirmation

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PAGE 24 – Understanding Panic Attacks

Panic attacks can feel frightening, but they are temporary and will pass.

Common symptoms include:

- ☐ Racing heart
- ☐ Feeling short of breath
- ☐ Shaking
- ☐ Sweating
- ☐ Feeling dizzy
- ☐ Chest tightness
- ☐ Feeling detached
- ☐ Fear that something terrible is happening

These feelings can be intense, but they are not permanent.

♥ If I experience a panic attack, I will remember...

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PAGE 25 – Grounding Exercise

Grounding can help bring your attention back to the present moment.

♥ The 5-4-3-2-1 Method

Name:

👁 5 things you can see

👋 4 things you can touch

👂 3 things you can hear

👃 2 things you can smell

👅 1 thing you can taste

♥ How do I feel after completing this exercise?

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PAGE 26 – Celebrating Progress

Recovery isn't about never feeling anxious.

It's about recognising the progress you're making.

♥ This month I have...

- ☐ Faced one of my fears.
- ☐ Asked for support.
- ☐ Learnt a new coping skill.
- ☐ Looked after myself more.
- ☐ Rested when I needed to.
- ☐ Been kinder to myself.
- ☐ Continued even when things felt difficult.
- ☐ Completed another step in my recovery.

♥ I am most proud of...

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PAGE 27 – My Personal Recovery Plan

Recovery is unique to you.

Take a moment to write down your plan for moving forward.

♥ My wellbeing goals

I want to continue...

I want to improve...

I will ask for support when...

♥ Final Reminder

Anxiety may be part of your journey, but it does not define who you are.

Every deep breath, every small step and every act of kindness towards yourself is helping you move forward.

You are stronger than you think.

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PAGE 28 – My Anxiety Toolbox

Create a list of things that help you when anxiety starts to build.

 My personal coping tools

- ☐ Deep breathing
- ☐ Box breathing
- ☐ 5-4-3-2-1 Grounding
- ☐ Listening to music
- ☐ Going for a walk
- ☐ Journaling
- ☐ Talking to someone
- ☐ Drinking water
- ☐ Positive affirmations
- ☐ Spending time with a pet
- ☐ Mindfulness
- ☐ Other

♥ The coping skill that helps me most

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PAGE 29 – My Confidence Builder

Anxiety often tells us we can't do things.

Confidence grows every time we prove anxiety wrong.

♥ Today I challenged myself by...

♥ What happened?

♥ What did I learn?

♥ How proud am I?

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

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PAGE 30 – My Safe Place

Imagine somewhere you feel calm and safe.

It could be a beach...

A forest...

Your garden...

Or somewhere completely in your imagination.

♥ My safe place looks like...

♥ What can I see?

♥ What can I hear?

♥ How do I feel there?

Whenever anxiety becomes overwhelming, close your eyes and picture your safe place.

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PAGE 31 – Weekly Reflection

Take a few moments to look back over this week.

♥ This week I handled anxiety by...

♥ Something that surprised me

♥ One thing I will continue doing

♥ One goal for next week

♥ Remember

Recovery isn't about never feeling anxious.

It's about learning that anxiety doesn't have to control your life.

Every time you choose courage over fear, you're growing stronger.

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PAGE 32 – Reducing Avoidance

Anxiety often encourages us to avoid situations that feel uncomfortable. While avoiding them may bring short-term relief, it can make anxiety stronger over time.

♥ What have I been avoiding?

- ☐ Making phone calls
- ☐ Social situations
- ☐ Shopping
- ☐ Travelling
- ☐ Meeting new people

☐ Work or study

☐ Appointments

☐ Other

 One small step I can take this week

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PAGE 33 – My Daily Wins

Every achievement matters, no matter how small.

 Today I...

☐ Got out of bed.

☐ Had a shower.

☐ Ate regular meals.

☐ Went outside.

☐ Spoke to someone.

- ☐ Completed a task.
- ☐ Took time to rest.
- ☐ Used a coping strategy.
- ☐ Asked for help.
- ☐ Showed myself kindness.

♥ My biggest win today

♥ How does this make me feel?

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PAGE 34 – Creating My Calm Routine

Having a routine can help your mind feel more settled.

♥ My Morning Routine

- ☐ Drink water
- ☐ Eat breakfast
- ☐ Stretch
- ☐ Deep breathing
- ☐ Positive affirmation
- ☐ Go outside

My Evening Routine

- ☐ Reduce screen time
- ☐ Read a book
- ☐ Relax
- ☐ Journal
- ☐ Practice breathing
- ☐ Go to bed on time

One thing I'll commit to every day

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PAGE 35 – My Journey Forward

You've spent time learning about your anxiety, recognising your strengths and developing new coping skills.

Recovery doesn't happen all at once.

It happens one day...

One breath...

One choice at a time.

 Looking ahead...

I am proud that...

I believe I can...

My promise to myself

♥ Remember

Anxiety is something you experience.

It is not who you are.

Be patient with yourself.

Celebrate every step forward.

And never forget...

There is hope, and you don't have to face anxiety alone. ♥

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PAGE 36 – Preparing for Difficult Days

Everyone has difficult days. Having a simple plan can help you feel more prepared when anxiety becomes overwhelming.

♥ When I notice my anxiety increasing, I will...

- ☐ Stop and take five slow breaths.
- ☐ Drink a glass of water.
- ☐ Go somewhere quiet.
- ☐ Use my grounding techniques.
- ☐ Talk to someone I trust.
- ☐ Read my positive affirmations.
- ☐ Go for a short walk.

☐ Remind myself that anxiety will pass.

♥ My first step will be...

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PAGE 37 – My Personal Strengths

Anxiety often makes us forget how capable we are.

Take a moment to recognise your strengths.

♥ I am...

☐ Kind

☐ Caring

☐ Brave

☐ Honest

☐ Determined

☐ Loyal

☐ Creative

☐ Patient

☐ Compassionate

☐ Resilient

☐ Other

♥ Three things I like about myself

1.

2.

3.

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PAGE 38 – My Recovery Journey

Think about everything you've learned throughout this workbook.

♥ The most helpful coping skill I've discovered

♥ The biggest change I've noticed

♥ Something I still want to work on

♥ My message to future me

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PAGE 39 – Congratulations

♥ You Have Completed the Anxiety Recovery Workbook

Be proud of yourself for taking the time to learn, reflect and care for your mental wellbeing.

Remember:

♥ Recovery isn't about perfection.

♥ Small steps lead to lasting change.

♥ You are stronger than you think.

♥ You deserve kindness and support.

♥ There is always hope.

♥ My Commitment

From today, I promise to continue looking after my mental health by:

♥ Final Reminder

This workbook is just the beginning of your journey.

Keep using the tools that work for you.

Keep believing in yourself.

And remember...

You never have to face anxiety alone.

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 Workbook Complete