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Mental Health & Wellbeing

Health Anxiety Workbook

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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 or physical health condition.

If you are concerned about your health, or develop new, severe or persistent symptoms, please speak with 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 Health Anxiety

♥ What is health anxiety?

Health anxiety is when worries about your health become frequent, intense or difficult to control.

You may find yourself focusing on normal body sensations, fearing they are signs of a serious illness.

Health anxiety can feel overwhelming, but with understanding and practice, it can become more manageable.

Common signs of health anxiety

- ☐ Frequently checking your body for symptoms.
- ☐ Searching symptoms online.
- ☐ Seeking repeated reassurance.
- ☐ Worrying about serious illnesses.
- ☐ Finding it difficult to stop thinking about your health.
- ☐ Avoiding hospitals or doctors because of fear.
- ☐ Feeling anxious about normal body sensations.
- ☐ Difficulty concentrating because of health worries.
- ☐ Feeling tense or on edge.
- ☐ Avoiding activities because of fear.

Reflection

How does health anxiety affect your daily life?

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PAGE 2 – My Health Anxiety Triggers

Understanding your triggers can help you recognise patterns and respond more calmly.

 Things that trigger my health anxiety

- ☐ Physical symptoms.
- ☐ Reading health news.
- ☐ Social media.
- ☐ Searching online.
- ☐ Hearing about someone else's illness.
- ☐ Medical appointments.
- ☐ Stress.
- ☐ Feeling tired.
- ☐ Changes in my body.
- ☐ Other.

 My biggest trigger is...

 How does it make me feel?

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PAGE 3 – Breaking the Worry Cycle

Health anxiety often follows a cycle:

Notice a symptom → Worry → Check or seek reassurance → Temporary relief → More worry

Learning to recognise this pattern is the first step towards changing it.

♥ Today I noticed...

♥ What did I do next?

♥ What could I try instead?

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PAGE 4 – Understanding Body Sensations

Our bodies constantly produce sensations such as aches, twitches, headaches and changes in heart rate.

Most of these are normal and temporary.

Health anxiety can make these normal sensations feel much more frightening than they really are.

 Sensations that worry me

☐ Headaches

☐ Racing heart

☐ Dizziness

☐ Muscle aches

☐ Tingling

☐ Tiredness

☐ Stomach discomfort

☐ Chest discomfort

☐ Changes in breathing

☐ Other

♥ Which sensation worries me the most?

♥ How do I usually respond?

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PAGE 5 – Challenging My Health Worries

When health anxiety appears, it can help to pause before jumping to the worst conclusion.

♥ My worrying thought

♥ What evidence supports this thought?

♥ Is there another possible explanation?

♥ A calmer thought

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PAGE 6 – Reducing Reassurance Seeking

Repeatedly checking your body or asking others for reassurance may provide short-term relief, but it can keep health anxiety going.

Learning to delay checking can help break the cycle.

♥ Today I will try to...

- ☐ Delay checking my symptoms.
- ☐ Avoid searching symptoms online.
- ☐ Focus on another activity.
- ☐ Practice slow breathing.
- ☐ Accept uncertainty.

☐ Go for a walk.

☐ Talk to someone about how I feel instead.

☐ Be patient with myself.

♥ What helped me the most?

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PAGE 7 – Daily Reflection

Take a few moments to reflect on today.

♥ Today my biggest health worry was...

♥ Something that helped calm me

♥ One thing I'm proud of today

♥ One thing I'll remind myself tomorrow

♥ Remember

Your thoughts are not always facts.

Not every symptom means something serious.

Learning to pause, breathe and respond calmly can help reduce health anxiety over time.

One calm thought can interrupt a cycle of worry. ♥

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PAGE 8 – Managing the Urge to Check

Checking your body repeatedly may feel reassuring for a short time, but it often increases health anxiety in the long term.

Learning to pause before checking can help break the cycle.

♥ Today I noticed the urge to...

☐ Check my pulse.

- ☐ Look at a symptom in the mirror.
- ☐ Search symptoms online.
- ☐ Ask someone for reassurance.
- ☐ Read health information repeatedly.
- ☐ Book an unnecessary appointment.
- ☐ Other

♥ Instead, I chose to...

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PAGE 9 – Separating Facts From Fears

Health anxiety often makes us imagine the worst.

Taking a moment to separate facts from fears can help you think more clearly.

♥ My worrying thought

♥ What are the facts?

♥ Is there another explanation?

♥ My balanced thought

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PAGE 10 – Building Healthy Habits

Looking after your overall wellbeing can help reduce anxiety.

♥ Today I will...

- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Get some fresh air.
- ☐ Exercise gently.
- ☐ Get enough sleep.
- ☐ Spend time with someone I trust.

- ☐ Practice slow breathing.
- ☐ Limit symptom searching.
- ☐ Be kind to myself.
- ☐ Focus on what I enjoy.

♥ One healthy habit I'll continue

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PAGE 11 – Weekly Reflection

Take a few minutes to reflect on your progress.

♥ This week I worried less when...

♥ Something that helped me

♥ One thing I'm proud of

♥ My goal for next week

♥ Remember

Health anxiety can make ordinary body sensations feel frightening.

With patience and practice, you can learn to respond with curiosity instead of fear.

Every time you pause before checking, every time you choose a balanced thought, and every time you focus on living your life rather than your worries, you are making progress.

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PAGE 12 – Accepting Uncertainty

Health anxiety often makes us want complete certainty about our health.

The truth is, nobody can have complete certainty all the time.

Learning to accept some uncertainty can reduce anxiety and help you focus on living your life.

♥ Things I cannot control

 Things I can control

- ☐ Looking after my health.
- ☐ Eating well.
- ☐ Staying active.
- ☐ Getting enough sleep.
- ☐ Attending recommended medical appointments.
- ☐ Following professional advice.
- ☐ Being kind to myself.
- ☐ Living my life despite uncertainty.

 One thing I'll focus on today

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PAGE 13 – Calming My Mind

When health worries become overwhelming, slowing down can help.

♥ Today I will...

- ☐ Take five slow breaths.
- ☐ Go for a short walk.
- ☐ Listen to calming music.
- ☐ Read a book.
- ☐ Spend time outdoors.
- ☐ Practice mindfulness.
- ☐ Talk to someone I trust.
- ☐ Focus on the present moment.
- ☐ Limit health-related searches.
- ☐ Be patient with myself.

♥ Which activity helped me most?

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PAGE 14 – My Reassurance Tracker

Notice how often you seek reassurance and how long the relief lasts.

♥ Today I wanted reassurance because...

♥ How did I seek reassurance?

☐ Asked someone.

☐ Searched online.

☐ Checked my body.

☐ Read medical information.

☐ Other

♥ How long did I feel reassured?

♥ What could I try instead next time?

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PAGE 15 – Weekly Reflection

Take a few moments to recognise your progress.

♥ This week I managed my health worries by...

♥ One thing that helped me most

♥ One thing I've learned

♥ My goal for next week

♥ Remember

Health anxiety can feel powerful, but it doesn't have to control your life.

Every time you choose facts over fear...

Every time you resist checking...

Every time you focus on living instead of worrying...

You are taking another step towards recovery. ♥

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PAGE 16 – Challenging Catastrophic Thinking

Health anxiety can make your mind jump straight to the worst possible conclusion.

Learning to challenge these thoughts can help reduce fear.

♥ My worrying thought

♥ What's the worst thing I'm imagining?

♥ What's the most likely explanation?

♥ What would I say to a friend with this worry?

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PAGE 17 – Looking After My Body

Taking care of your health is different from constantly worrying about it.

Healthy habits support both your body and your mind.

♥ Today I will...

- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Move my body.
- ☐ Get fresh air.
- ☐ Get enough sleep.
- ☐ Take any prescribed medication as directed.
- ☐ Practice relaxation.
- ☐ Spend time doing something I enjoy.
- ☐ Be kind to myself.
- ☐ Avoid unnecessary symptom checking.

♥ One healthy habit I'll continue

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PAGE 18 – My Calm Toolkit

Create your own toolkit for moments when health worries become overwhelming.

My Calm Toolkit

- ☐ Slow breathing
- ☐ Grounding exercises
- ☐ Going for a walk
- ☐ Listening to calming music
- ☐ Reading
- ☐ Journaling
- ☐ Talking to someone I trust
- ☐ Spending time in nature
- ☐ Mindfulness
- ☐ Drinking water
- ☐ Other

My three most helpful coping tools

1.

2.

3.

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PAGE 19 – Looking Forward

Recovery from health anxiety isn't about never worrying again.

It's about learning to respond calmly, trust yourself and continue living your life.

♥ Looking ahead...

One thing I want to worry about less

One healthy habit I'll keep

One promise I'll make to myself

♥ Remember

Your body will always produce new sensations.

Most are normal and temporary.

The goal isn't to eliminate every worry—it's to stop letting worry control your life.

Choose curiosity instead of fear, facts instead of assumptions, and progress instead of perfection. ❤️

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PAGE 20 – Breaking the Checking Habit

Checking your body repeatedly can make health anxiety stronger.

Each time you resist the urge to check, you're helping your brain learn that you can cope with uncertainty.

❤️ Today I wanted to check...

- ☐ My pulse
- ☐ My breathing
- ☐ My skin
- ☐ A lump or bump
- ☐ My temperature
- ☐ A pain or ache
- ☐ Symptoms online
- ☐ Other

♥ Instead of checking, I chose to...

♥ How did I feel afterwards?

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PAGE 21 – Focusing on What Matters

Health anxiety can take attention away from the things you enjoy.

Today, choose to spend time doing something meaningful.

♥ Today I will...

- ☐ Spend time with family.
- ☐ Talk to a friend.
- ☐ Read a book.
- ☐ Go for a walk.
- ☐ Listen to music.
- ☐ Enjoy a hobby.
- ☐ Watch a favourite programme.

☐ Practice mindfulness.

☐ Do something creative.

☐ Rest.

♥ Something I enjoyed today

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PAGE 22 – Building Trust in My Body

Our bodies are designed to change from day to day.

Feeling tired, having an ache or noticing a new sensation doesn't automatically mean something is seriously wrong.

Learning to trust your body takes time.

♥ Today my body helped me to...

☐ Walk

☐ Breathe

☐ Laugh

☐ Work

☐ Rest

☐ Exercise

☐ Hug someone

☐ Enjoy my day

☐ Other

♥ One thing I'm grateful my body allows me to do

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PAGE 23 – My Recovery Reflection

Take a few moments to reflect on your progress.

♥ Since starting this workbook...

I have learned...

I feel calmer because...

One thing I will continue practising...

♥ Remember

Recovery from health anxiety doesn't mean you'll never notice a symptom again.

It means learning not to let fear make every decision.

Every time you choose to trust yourself, focus on living your life and use the skills you've learned, you're moving forward.

You are stronger than your worries, and you deserve to enjoy life with confidence and peace.



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PAGE 24 – My Health Anxiety Action Plan

Having a simple plan can help you feel more in control when health worries begin.

♥ When I notice health anxiety, I will...

- ☐ Pause before reacting.
- ☐ Take five slow breaths.
- ☐ Remind myself that thoughts are not facts.

- ☐ Avoid searching symptoms online.
- ☐ Delay checking my body.
- ☐ Focus on something I enjoy.
- ☐ Contact someone I trust if I need support.
- ☐ Continue with my day where possible.

♥ My calming reminder

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PAGE 25 – My Daily Success Journal

Every time you manage a health worry differently, you are making progress.

♥ Today I...

- ☐ Resisted checking my symptoms.
- ☐ Avoided searching online.
- ☐ Used slow breathing.
- ☐ Challenged a worrying thought.
- ☐ Focused on another activity.
- ☐ Asked for support appropriately.
- ☐ Looked after my wellbeing.

☐ Celebrated my progress.

♥ My biggest achievement today

♥ How did it make me feel?

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PAGE 26 – My Personal Calm Toolkit

Create your own toolkit to use whenever health worries appear.

♥ My Calm Toolkit

☐ Slow breathing

☐ Grounding exercises

☐ Going for a walk

☐ Listening to calming music

☐ Reading

☐ Journaling

☐ Talking to someone I trust

☐ Spending time in nature

☐ Mindfulness

☐ Drinking water

☐ Other

♥ My three favourite coping tools

1.

2.

3.

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PAGE 27 – Looking Ahead

Recovery from health anxiety happens one day at a time.

Every balanced thought and every small step helps build confidence.

♥ Looking ahead...

One thing I want to enjoy without worrying

One healthy habit I'll continue

My promise to myself

♥ Remember

Your body is designed to change from day to day.

Not every ache, pain or sensation means something is seriously wrong.

Choose facts over fear.

Choose living over worrying.

Choose kindness towards yourself.

You deserve to enjoy your life without constant fear. ♥

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Recovery isn't about never worrying again.

Some days will feel easier than others, and that's completely normal.

A setback doesn't erase the progress you've already made.

♥ If my health anxiety feels stronger today, I will...

- ☐ Be kind to myself.
- ☐ Take slow, deep breaths.
- ☐ Avoid checking symptoms repeatedly.
- ☐ Avoid searching online.
- ☐ Focus on one small task.
- ☐ Remind myself that anxiety can make symptoms feel worse.
- ☐ Continue with my day where possible.
- ☐ Remember that tomorrow is a new day.

♥ One thing I'll remind myself today

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Health anxiety can make us forget how resilient we really are.

Take a moment to recognise your strengths.

♥ I am...

- ☐ Brave
- ☐ Kind
- ☐ Caring
- ☐ Honest
- ☐ Patient
- ☐ Resilient
- ☐ Determined
- ☐ Compassionate
- ☐ Thoughtful
- ☐ Hopeful
- ☐ Strong
- ☐ Other

♥ Three strengths I'm proud of

1.

2.

3.

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PAGE 30 – My Healthy Living Plan

Looking after your health is different from worrying about your health.

 This month I will...

- ☐ Eat balanced meals.
- ☐ Drink enough water.
- ☐ Get regular sleep.
- ☐ Exercise regularly.
- ☐ Spend time outdoors.
- ☐ Attend recommended medical appointments.
- ☐ Limit health-related searches.
- ☐ Practice relaxation.
- ☐ Enjoy life more.
- ☐ Celebrate my progress.

 My wellbeing goal

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PAGE 31 – My Recovery Journey

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

♥ Looking back...

The biggest thing I've learned is...

The coping skill that helped me most is...

One thing I'm proud of is...

♥ Remember

Health anxiety doesn't define you.

Your life is bigger than your worries.

Every time you choose to trust yourself, follow appropriate medical advice when needed, and return your attention to living your life, you're taking another step towards recovery.

You are stronger than your fears, and you deserve to live with confidence, hope and peace.



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PAGE 32 – Building Trust in Yourself

Health anxiety can make it difficult to trust your own judgement.

Recovery involves learning that you can notice a symptom without immediately assuming the worst.

 Today I choose to...

- ☐ Trust myself.
- ☐ Pause before reacting.
- ☐ Accept uncertainty.
- ☐ Follow professional medical advice when needed.
- ☐ Focus on facts rather than fears.
- ☐ Continue living my life.
- ☐ Be patient with myself.
- ☐ Celebrate my progress.

 One thing I trust myself to do

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PAGE 33 – Looking After My Wellbeing

Taking care of your overall wellbeing can help reduce health anxiety.

 This week I will...

- ☐ Get enough sleep.
- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Spend time outdoors.
- ☐ Exercise or move my body.
- ☐ Practice relaxation.
- ☐ Stay connected with supportive people.
- ☐ Limit unnecessary health searches.
- ☐ Be kind to myself.
- ☐ Celebrate my progress.

 One healthy habit I'll continue

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PAGE 34 – My Personal Calm Toolkit

Create your own list of strategies that help when health worries appear.

♥ My Calm Toolkit

- ☐ Slow breathing
- ☐ Grounding exercises
- ☐ Going for a walk
- ☐ Listening to calming music
- ☐ Reading
- ☐ Journaling
- ☐ Talking to someone I trust
- ☐ Spending time in nature
- ☐ Mindfulness
- ☐ Drinking water
- ☐ Other

♥ My three most helpful coping tools

1.

2.

3.

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PAGE 35 – My Health Anxiety Journey

Take a moment to reflect on everything you've achieved.

♥ Looking back...

The biggest thing I've learned is...

The coping skill that has helped me most is...

One thing I'm most proud of is...

Remember

Recovery doesn't mean you'll never worry about your health again.

It means learning not to let worry make every decision for you.

Trust your ability to cope.

Look after yourself with kindness.

And keep living the life that matters to you.

You are more than your worries, and you deserve to live with confidence, hope and peace.



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PAGE 36 – Living Beyond Health Anxiety

Recovery is about more than worrying less.

It's about getting back to the life you want to live.

Health anxiety doesn't have to decide where you go, what you do or how you enjoy your life.

Today I choose to...

☐ Spend time with family.

☐ Enjoy my hobbies.

☐ Exercise if I'm able.

☐ Laugh more.

☐ Focus on the present.

☐ Trust my coping skills.

☐ Accept uncertainty.

☐ Live my life fully.

♥ One thing I want to enjoy again

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PAGE 37 – My Personal Recovery Promise

Recovery happens through small choices made every day.

♥ I promise to...

☐ Challenge health worries.

☐ Reduce unnecessary checking.

☐ Avoid searching symptoms online.

☐ Trust my body more.

☐ Follow medical advice when needed.

☐ Continue using the tools in this workbook.

☐ Be patient with myself.

☐ Celebrate every step forward.

♥ My personal promise

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PAGE 38 – My Wellbeing Plan

Looking after yourself supports both your physical and mental wellbeing.

♥ I will continue to...

- ☐ Drink enough water.
- ☐ Eat nutritious meals.
- ☐ Get enough sleep.
- ☐ Exercise regularly.
- ☐ Spend time outdoors.
- ☐ Practice relaxation.
- ☐ Stay connected with supportive people.
- ☐ Make time for enjoyable activities.
- ☐ Be kind to myself.
- ☐ Keep choosing progress over fear.

♥ Three things that help me feel calm

1.

2.

3.

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PAGE 39 – Congratulations

♥ You Have Completed the Health Anxiety Workbook

Congratulations on completing this workbook.

Every page you've completed has helped you build healthier habits, challenge anxious thoughts and develop practical tools for managing health anxiety.

Remember:

♥ Your body is resilient.

♥ Not every symptom is a sign of serious illness.

♥ You can cope with uncertainty.

♥ Progress is more important than perfection.

♥ You deserve to enjoy life without constant fear.

My Commitment

From today I promise to...

Name

Date

Signature (Optional)

Final Reminder

This workbook is designed as a self-help resource to support your wellbeing. It is not a substitute for professional medical advice, diagnosis or treatment. If your health worries become overwhelming or you develop new, severe or persistent symptoms, seek advice from your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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