

Anxiety Tracker Or Anxiety Journal

● NO BLEED ● 8.5X11" ● 300 DPI

ANXIETY JOURNAL

Date _____ Location _____

Energy	1	2	3	4	5
Activity	1	2	3	4	5
Sleep	1	2	3	4	5

Today's Goals

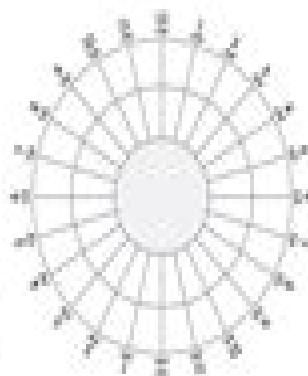
NEGATIVE EVENTS

Symptoms	Triggers

Mood Tracker

- ☐ Happy
- ☐ Sadness
- ☐ Fear
- ☐ Excitement
- ☐ Anger
- ☐ Joy

Day Rating



Date _____ Location _____

My Triggers: ☐ Stress ☐ Health ☐ Finance ☐ Job ☐ Family

What exactly triggers you and how can you avoid those situations?

I feel good when when...

I feel good when when...

Anxiety Coping Techniques

Healthy Relationships

My Reaction/Thoughts

My Insights

Anxiety Relief Update Sign In

Minjie Lin



Anxiety Relief Update Sign In:

Social Media Anxiety Relief Guide: Mindfulness Exercises and Journaling Techniques (Peace of Mind Manual)

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more than 100 potential symptoms after the acute phase of infection such as extreme fatigue dizziness and insomnia depression and anxiety memory and concentration impairments loss of smell or taste tinnitus and earaches chest pain heart palpitations tightness muscle aches However several gaps still are present in the identification timeframe mechanisms and treatment strategies for the management of long COVID

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