

Anxiety Tracker Or Anxiety Journal

● NO BLEED ● 8.5X11" ● 300 DPI

ANXIETY JOURNAL

Date _____ Location _____

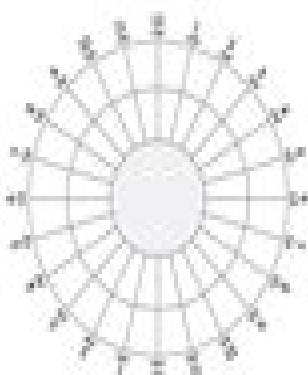
Energy	1	2	3	4	5	Daily Goals
Mood	1	2	3	4	5	
Sleep	1	2	3	4	5	

NEGATIVE EVENTS

Symptoms	Triggers

Mood Tracker

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



Day Rating

☆☆☆☆☆

Date _____ Location _____

My Triggers

☐ Home
 ☐ Work
 ☐ School
 ☐ Exercise
 ☐ All
 ☐ Family

What exactly triggers you and how bad you want those situations?

I feel good when when...	I feel good because when...

Anxiety Coping Techniques	Anxiety Effectiveness

My Reaction/Thoughts	My Insights

Anxiety Relief Update Sign In

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Social Media Anxiety Relief Guide: Mindfulness Exercises and Journaling Techniques (Peace of Mind Manual) Mateo Elias Reynolds, 2025-08-18 Trapped in the Endless Scroll Reclaim Your Life from Social Media Anxiety Do you open your phone for a two minute break only to look up an hour later feeling drained anxious and somehow less than Have the curated perfection and constant notifications of social media started to steal your real world joy You are not alone In a world designed to keep you hooked feeling overwhelmed is the new normal But you don t have to live this way It s time to stop scrolling and start living Introducing the Social Media Anxiety Relief Guide your essential hands on manual for silencing the digital noise and finding genuine peace of mind This isn t just another book that tells you to use your phone less This is an interactive workbook filled with proven practical exercises that empower you to fundamentally change your relationship with technology It is your step by step path to reclaiming your focus confidence and mental well being Inside this life changing guide you will discover Powerful Mindfulness Techniques to immediately calm an anxious mind ground you in the present moment and stop the compulsive need to check your phone Expertly Crafted Journaling Prompts that help you untangle your anxious thoughts identify your personal triggers and reframe the negative self talk fueled by comparison culture Actionable Strategies to Build a Healthier Digital Life including setting effective boundaries and creating intentional habits that serve you not the algorithm A Clear Look into the Psychology of Social Media so you can understand why it s so addictive giving you the power to consciously break free from its grip A Practical Roadmap to Reconnecting with Your Real World helping you rediscover the joy of offline hobbies relationships and experiences that truly nourish your soul Why Should You Buy This Book Today Because you deserve to live a life that is measured by your own happiness not by likes and shares This guide provides the tools you need to move from being a passive consumer of content to being an active creator of your own peace It helps you transform anxiety into self awareness and distraction into intention This guide is for anyone who has ever felt A spike of anxiety from a notification The pressure of FOMO Fear Of Missing Out Trapped in a cycle of mindless scrolling That their self worth is tied to their online presence Imagine waking up feeling refreshed and present not immediately reaching for your phone Imagine enjoying moments without the pressure to document them That reality is possible and this guide will show you how Don t let another day be controlled by an algorithm The peace of mind you re searching for is just one click away Scroll up and click the Buy Now button to begin your journey to a calmer more present life today [The Log](#) ,1949

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