

Anxiety Tracker — Free Printable

Tracking anxiety helps you identify patterns — the times of day, situations, or triggers that correlate with higher anxiety. This information is genuinely useful in therapy and in conversations with your GP.

What to record

- Anxiety level (0–10) at set times
- What you were doing or thinking when anxiety was high
- Physical symptoms (heart rate, tension, breathlessness)
- What helped, if anything

Anxiety affects around 1 in 6 people. Effective treatment including CBT is available on the NHS — self-refer at nhstalkingstherapies.nhs.uk. If you're in crisis, call Samaritans on 116 123.