

# Where are you right now?

To calm down ANYWHERE when you feel an anxiety attack coming on:

Name 5 things you can see. 4 things you can hear. 3 things you can feel. 2 things you can smell. 1 thing you can taste.

Use this ANYTIME and ANYWHERE.

How is your anxiety? Here are a few questions to gauge where you stand.

- If you could rate your anxiety from 1-10: what would it be and why?
- What are your biggest concerns/worries right now? Write them down.
- Pick your biggest worry and write it down again. Give it a number from 1-10. Why did you give it that number?
- What can be done to resolve that worry right now?
- What can be done to resolve that worry tomorrow? Next week?
- Will it be something you are going to worry about a month from now? A year from now?
- What are some bad habits you have when you are anxious? How can you turn those into good habits?

- If you rated your anxiety from a 5 or higher, what can you do right now to calm down? What are your go-to solutions?
- What are you willing to try to help with your anxiety? Yoga, journaling, meditation? None of those? Write down everything here.

I personally love love love journaling but sometimes I get stuck. I have recently purchased the book “300 journal prompts” and I can honestly say I love it! It makes me think about and write about things I havent even thought of. Check it out below!

[300 writing prompts](#)