Anxiety Tracker

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Date, Day, and Time	What situation made me anxious?	What was I thinking and feeling?	Did I try any coping mechanisms? Which ones did I do?	How did I feel after using said coping mechanisms?
June 19, 2023 Monday 7:00 PM	Feeling under pressure at work	I was thinking of all the things I couldn't do compared to others in the same line of work. I felt ashamed but also tired and worried.	Yes. I took deep breaths and listed down all of the things I had to do for week and organized them according to most urgent and easiest to not.	I still feel a bit worried but I feel like I will feel much better once I tackle my work throughout the week.
June 20, 2023 Tuesday 11:45 PM	Long working and commute hours	I was thinking that I would never finish or get home early to get enough hours of sleep. I felt worried an stressed.	I did not do any coping menchanisms and I felt really bad and sick to my stomach until I fell asleep.	
June 21, 2023 Wednesday 2:00 PM	Being left alone by my co-workers during lunch	I was wondering what I have done wrong. I felt heart but also worried.	Yes,I took deep breaths and approached a co-worker to clarify things instead of letting my thoughts go wild.	I felt better because they explained that they left because they had a meeting to go to.
June 21, 2023 Wednesday 9:30 PM	Long commute hours because the train broke down today and I had to take the bus	I was thinking how am I supposed to get home because this is a new route. I felt extremely nervous and scared.	Yes, I took deep breaths and opened a map to check if they're still going in the direction leading to my home.	I felt so much better.
June 22, 2023 Thursday 8:43 PM	The news reports that the approaching storm is getting stronger and it's the strongest one they've seen so far.	I was thinking that I will be stuck in my flooded home again. I felt extremely scared.	Yes, I took deep breaths and approached the news logically. I called up a fried who may be willing to let me stay with them.	I felt especially relieved after calling my friend.