

Anxiety Exercise Book

Evidence-based tools to calm, ground & heal

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About This Book

Welcome. This workbook draws on Cognitive Behavioural Therapy (CBT), Acceptance & Commitment Therapy (ACT), somatic techniques, and mindfulness-based approaches to help you understand and manage anxiety.

Each chapter offers psychoeducation followed by practical written exercises.

Work through the book at your own pace — there is no rush.

You may wish to keep a separate journal alongside this workbook.

A NOTE FROM DR RAZA:

Anxiety is not a character flaw. It is a learned pattern that can be unlearned.

With consistent practice and compassion toward yourself,

you can rewire your nervous system and reclaim your life.

Chapter 1: Understanding Your Anxiety

Chapter 2: Breathing & Body Techniques

4-7-8 Breathing Exercise

This technique activates the parasympathetic nervous system quickly.

INSTRUCTIONS:

1. Breathe IN through your nose for 4 counts.
2. HOLD your breath for 7 counts.
3. Breathe OUT through your mouth for 8 counts.
4. Repeat 4 times.

Practice this now. Record what you notice:

Before (anxiety level 0-10): _____

After (anxiety level 0-10): _____

What changed in your body?

Progressive Muscle Relaxation Log

Tense each muscle group for 5 seconds, then release for 10 seconds.

Feet → Calves → Thighs → Abdomen → Hands → Arms → Shoulders → Face.

Date: _____ Time: _____

Anxiety before (0-10): ____ Anxiety after (0-10): ____

Which area held the most tension?

How did your body feel afterward?

I will practise this again on:

Body Scan Reflection

After a body scan, note what you discovered:

Areas of tension I noticed:

Areas of ease and comfort:

Emotions stored in my body today:

What my body needs right now:

One kind thing I can do for my body today:

Chapter 3: Reframing Anxious Thoughts

Cognitive Distortions Checklist

Tick any patterns you recognise in your anxious thinking:

- Catastrophising — imagining the worst possible outcome
- Mind-reading — assuming you know what others think
- Fortune-telling — predicting negative outcomes
- All-or-nothing thinking — black and white
- Personalisation — taking excessive responsibility
- Should statements — rigid internal rules
- Emotional reasoning — feeling it = it must be true
- Overgeneralisation — one event applies to everything

My most common distortion is:

Worry Time Exercise

Schedule ONE 15-minute 'worry time' per day. Outside that window, postpone worries by writing them here to address later.

Today's Worry Time: _____

Worries to park until worry time:

After worry time — what action (if any) can I take?

The Best/Worst/Most Likely Exercise

Choose a current worry and complete the table below.

My worry: _____

WORST case scenario:

BEST case scenario:

MOST LIKELY outcome (realistic estimate):

What can I control in this situation?

Chapter 4: Values & Acceptance

My Core Values Compass

When anxiety makes you want to avoid, values keep you moving forward.

List your top 5 personal values (e.g., family, freedom, creativity):

1. _____ 2. _____ 3. _____

4. _____ 5. _____

How does anxiety get in the way of these values?

One small action I can take TODAY that aligns with my values:

Defusion Exercise: Leaves on a Stream

Imagine sitting by a gently flowing stream. Place each anxious thought on a leaf and watch it float away. You are the observer — not the thought.

Thoughts I practised defusing today:

How did it feel to watch the thoughts pass rather than fight them?

What did I notice about the nature of thoughts?

Acceptance Practice

Acceptance is not resignation — it is choosing not to struggle with what you cannot change right now.

What am I struggling to accept right now?

What does fighting this cost me (time, energy, mood)?

If I chose to accept this — not like it, just accept it — what could open up?

My acceptance statement for today:

Chapter 5: Weekly Anxiety Tracker

Week 1 — Daily Anxiety Log

Rate your anxiety each day (0 = none, 10 = severe).

Note triggers, coping strategies used, and what helped most.

MON: ___ Trigger: _____ Strategy: _____

TUE: ___ Trigger: _____ Strategy: _____

WED: ___ Trigger: _____ Strategy: _____

THU: ___ Trigger: _____ Strategy: _____

FRI: ___ Trigger: _____ Strategy: _____

SAT: ___ Trigger: _____ Strategy: _____

SUN: ___ Trigger: _____ Strategy: _____

Pattern I noticed this week:

What worked best?

Week 2 — Daily Anxiety Log

Rate your anxiety each day (0 = none, 10 = severe).

Note triggers, coping strategies used, and what helped most.

MON: ___ Trigger: _____ Strategy: _____

TUE: ___ Trigger: _____ Strategy: _____

WED: ___ Trigger: _____ Strategy: _____

THU: ___ Trigger: _____ Strategy: _____

FRI: ___ Trigger: _____ Strategy: _____

SAT: ___ Trigger: _____ Strategy: _____

SUN: ___ Trigger: _____ Strategy: _____

Pattern I noticed this week:

What worked best?

Week 3 — Daily Anxiety Log

Rate your anxiety each day (0 = none, 10 = severe).

Note triggers, coping strategies used, and what helped most.

MON: ___ Trigger: _____ Strategy: _____

TUE: ___ Trigger: _____ Strategy: _____

WED: ___ Trigger: _____ Strategy: _____

THU: ___ Trigger: _____ Strategy: _____

FRI: ___ Trigger: _____ Strategy: _____

SAT: ___ Trigger: _____ Strategy: _____

SUN: ___ Trigger: _____ Strategy: _____

Pattern I noticed this week:

What worked best?

Week 4 — Daily Anxiety Log

Rate your anxiety each day (0 = none, 10 = severe).

Note triggers, coping strategies used, and what helped most.

MON: ___ Trigger: _____ Strategy: _____

TUE: ___ Trigger: _____ Strategy: _____

WED: ___ Trigger: _____ Strategy: _____

THU: ___ Trigger: _____ Strategy: _____

FRI: ___ Trigger: _____ Strategy: _____

SAT: ___ Trigger: _____ Strategy: _____

SUN: ___ Trigger: _____ Strategy: _____

Pattern I noticed this week:

What worked best?

Book a Session with Dr Arjumand Raza

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