



MY ANXIETY *HEALING TOOLKIT*

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WELCOME! HERE'S A LITTLE OF MY STORY



Hey there, I'm Holly, a Certified Emotional Intelligence and Transformational Coach, Edu-preneur and emotional health author.

Here's a little of my story... I completely suppressed my emotions for most of my life. They never crossed my mind, and I had zero awareness of my own feelings or the fact that I had anxiety.

But when I was 17, it all came to the surface when my dad went to prison. I didn't have the coping skills to handle that stress, so I had a mental breakdown. I couldn't get out of bed and had a low will to live, my anxiety and depression were unbearable.

So, I began searching for ways to feel better. I read every self-help book about emotions and feeling good that I could find. I also went to group therapy, which is where I acknowledged my own emotions for the first time in my life.

When I felt anxious, I learned that my anxiety was a signal to stop what I was doing and start paying attention to my needs.

As I've worked to embrace all my emotions, I still have to work to manage my anxiety. But now, it doesn't scare me or have power over me anymore. I hope that this workbook can help you feel empowered with your anxiety too.

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SECTION 1
ANXIETY
RESOURCES



TOOLS TO HELP RELIEVE ANXIETY

DATE: _____

DAILY CHECK-IN

How Am I Doing Today?

CURRENTLY FEELING...

THINGS THAT ARE BOTHERING ME

THINGS THAT ARE GOING WELL

WHAT I'M GRATEFUL FOR

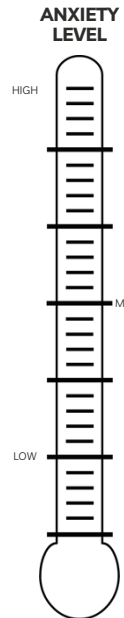
1 REASON I'M PROUD OF MYSELF

HOW I'LL NURTURE MYSELF TODAY

TODAY'S AFFIRMATION

I'M EXCITED ABOUT

QUOTE OF THE DAY



RANK MY DAY

A vertical column containing five heart-shaped icons, one above the other, used for ranking the day.

Notes

ANXIETY LOG

**THE WORST THAT
COULD HAPPEN**

MY SURVIVAL PLAN

--

--

--

--

--

--

--

--

--

--

MY RESILIENCE PLAN

MY WARNING SIGNS

- _____
- _____
- _____
- _____
- _____
- _____
- _____

MY EFFECTIVE COPING STRATEGIES

- _____
- _____
- _____
- _____
- _____
- _____
- _____

PEOPLE I CAN REACH OUT TO FOR DISTRACTION

- Person 1: _____
- Person 2: _____
- Person 3: _____

PEOPLE I CAN REACH OUT TO FOR HELP

- Person 1: _____
- Person 2: _____
- Person 3: _____

STEPS I CAN TAKE TO MAKE MY ENVIRONMENT SAFER

- _____
- _____
- _____
- _____
- _____

IN THE EVENT OF A CRISIS

- _____
- _____
- _____
- _____
- _____

EMOTIONAL SELF-CARE

Checklist

Journal your emotions

Meditate for inner quiet

Visualize embracing your feelings

Draw or make art

Write a love letter to yourself

Write a letter to God/the Universe

Have your own happy dance party

Take a flower essence

Drink a full glass of water

Take a break

Do 3 minutes of deep belly breathing

Go for a walk outside

Get a massage

Talk to a therapist

Try out Reiki

Get an acupuncture treatment for emotions

Read a book you love

Do some EFT tapping

Call a loved one

Do some exercise

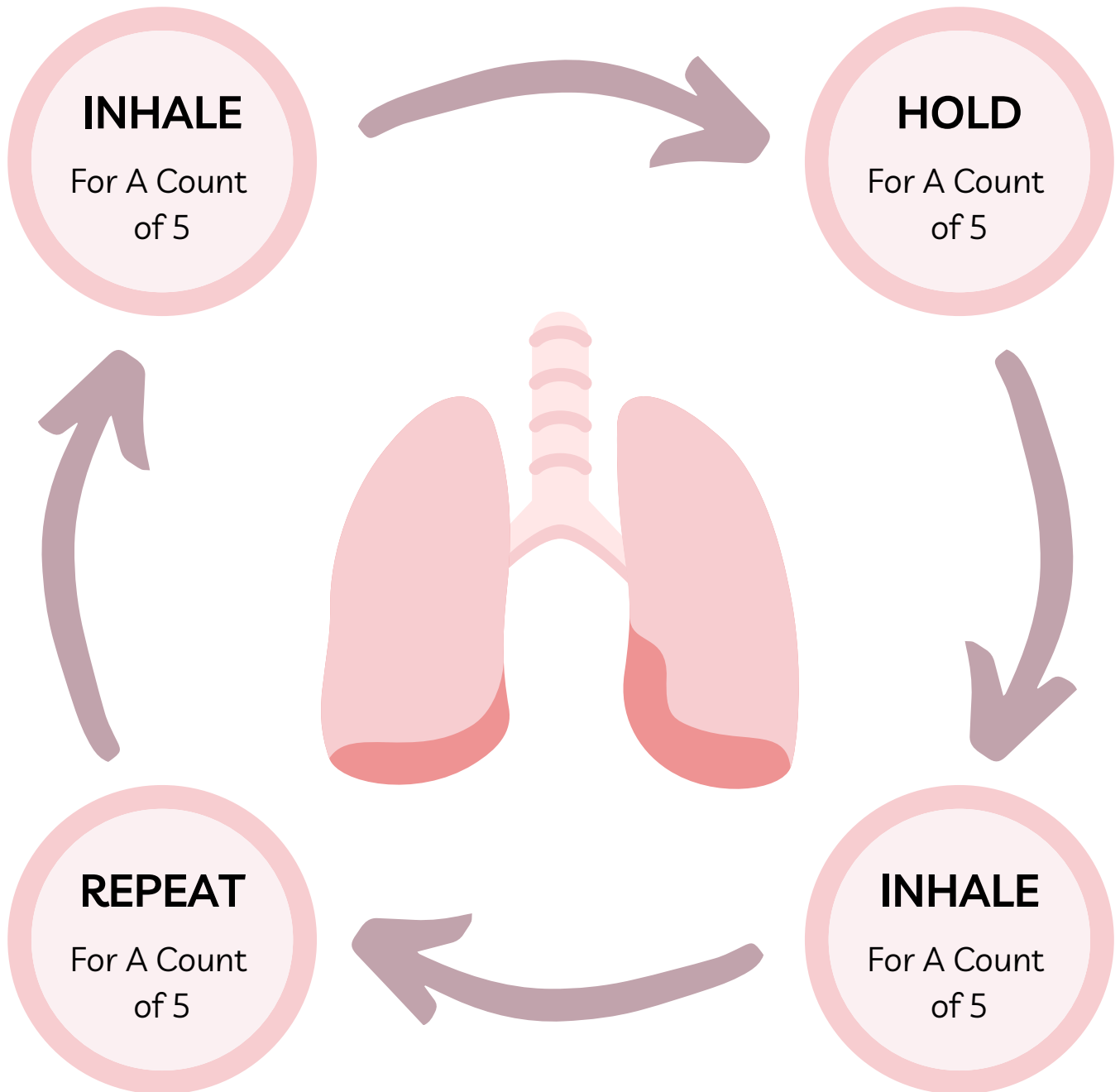
Process your emotions

Relax in your favorite way

Do a brain dump in your journal

Cry it out

GROUNDING BREATHING TECHNIQUE





LOVING
YOURSELF
ISN'T VANITY.
IT'S SANITY.

- KATRINA MAYER



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SECTION 2 ANXIETY PROCESSING JOURNAL PROMPTS



QUESTIONS TO HELP YOU UNDERSTAND
FEELINGS OF ANXIETY



HOW TO USE THESE PROMPTS

I wrote these questions to help you dig deep into those tough moments of anxiety. Use it anytime you're feeling anxious and want to understand where it might be coming from. Here's how to use it:

1 When you're feeling anxious, pick up your journal or phone to process it. You can answer the questions via voice notes to yourself, write it digitally or on paper.

3 Anytime you start to feel stuck on something, feel free to move onto a different question or to stop completely. Only process your anxiety for maximum one hour at a time. Otherwise, you might feel stuck or start overthinking it.

2 Choose which questions you'd like to ask yourself about feeling anxiety by scrolling through the questions. You don't have to answer all of them, just the ones that feel helpful to you.

4 Processing anxiety can be intense. After you've finished, take a breather. Go for a walk, call a friend or do something that helps you unplug. And remember to be gentle with yourself. You're doing amazing.

ANXIETY PROMPTS *Page One*

1. What am I anxious about?
2. What's making me feel this way?
3. What triggered my anxiety?
4. Am I afraid something won't happen?
5. What am I afraid won't happen?
6. What am I afraid might happen?
7. What's the worst thing that can happen here?
8. Is it likely that the worst thing will actually happen?
9. How likely is the worst case scenario to happen?
10. Is this anxiety realistic?
11. Is this anxiety based on anything concrete? If so, what?
12. Am I anxious about several things right now?
13. Is my anxiety making me do things I'm not proud of?
14. What do I want to do right now?
15. What do I want to say right now?
16. Who do I want to say it to?
17. What do I need right now?
18. Who do I need right now?
19. Am I afraid of feeling better?
20. What's the scariest part about this for me?
21. Why do I feel anxious right now?
22. Do I know where this is coming from?
23. If I did know where this was coming from, where might that be?
24. On a scale of 1-10, how much anxiety do I feel right now?
25. Can I spend time breathing into the anxiety?
26. Where in my body do I feel anxiety?
27. What does this anxiety feel like?
28. Does it feel like knots?
29. Does it feel like a magnet?
30. Does it feel like fire?

ANXIETY PROMPTS *Page Two*

31. Does it feel like I'm sinking?
32. Do I feel anxiety in my head?
33. Do I feel anxiety in my heart?
34. Do I feel anxiety in my stomach?
35. If I could see this anxiety, what would it look like?
36. If I could see this anxiety, what color would it be?
37. If I could talk to this anxiety what would I tell it?
38. If this anxiety could talk to me, what would it say?
39. What does this anxiety tell me to do?
40. What does this anxiety tell me to say?
41. Does this anxiety tell me to run? Why?
42. Does this anxiety tell me to hide? Why?
43. Does this anxiety force me to do things I don't want to do?
44. Does this anxiety force me to violate my own boundaries?
45. Does this anxiety force me to violate one of my values?
46. Is this anxiety running me?
47. What else might I feel anxiety about?
48. What happened to cause this feeling?
49. Am I feeling frustrated about this?
50. Why is this so frustrating?
51. What ISN'T happening that could be causing anxiety?
52. How long have I been feeling this way?
53. What does this anxiety make me want to do?
54. What did this anxiety make me do?
55. Am I feeling anxiety for several reasons right now?
56. If I could say anything without fear of consequence, what would I say?
57. Am I anxious about feeling this way?
58. Is there a positive action I could take to fix the situation I'm feeling anxiety about?
59. Am I trying to avoid this feeling?
60. Have I been numbing my feeling?

ANXIETY PROMPTS *Page Three*

61. What do I say about myself when I'm feeling anxiety?
62. Is what I say about myself when I'm feeling anxiety actually true?
63. How could I safely express this feeling?
64. Do I have safe ways of expressing my feeling?
65. Is it safe for me to express my feelings of anxiety? Why or why not?
66. Could talking about this help me feel better?
67. Have I been acting out because of my anxiety?
68. What part about this makes me feel the most anxiety?
69. What part about this is the most upsetting?
70. What did I learn about holding onto hurts as a child?
71. In what ways can I take responsibility for this anxiety?
72. Do I take responsibility for how I feel right now?
73. Do I blame another person for making me feel this way?
74. Is another person not recognizing me right now?
75. Am I feeling anxiety because someone won't listen to me?
76. How might another person be causing this anxiety?
77. Am I feeling anxiety because I gave too much?
78. Am I feeling anxiety because I violated my own boundaries?
79. Am I feeling anxiety because I violated my own values?
80. Am I feeling anxiety because of a past experience as a child?
81. Am I feeling anxiety because of other related issues?
82. Am I feeling anxiety because of a recent past experience?
83. Am I supposed to be feeling anxiety right now?
84. Am I feeling anxiety because I'm not being true to myself right now?
85. Is it possible that I feel anxiety because of God or the Universe?
86. Is God/the Universe making this happen?
87. Is something God/the Universe is doing making me feel anxiety?
88. What's the heaviest part about this?
89. Is something God/the Universe is doing making me feel anxiety?
90. What about life is making me feel anxious?
91. Do I feel powerless in this anxiety?
92. Do I know what to do about this?
93. Do I often feel this way?
94. What's the problem with feeling this way?

ANXIETY PROMPTS *Page Four*

95. Am I judging myself for feeling this anxiety?
96. Do I feel like crying right now?
97. Am I allowed to cry?
98. Am I resisting feeling anxiety?
99. What if I just let myself feel all this anxiety?
100. Could this be about something deeper?
101. What other feelings are underneath this anxiety?
102. Is another person judging me and making it worse?
103. Am I pushing this feeling away?
104. What do I need that could help me feel better right now?
105. Would taking a break help me feel better?
106. Am I allowing myself time to feel?
107. Would talking to someone about this help me?
108. Is there anything positive I could do that would help me forgive?
109. Am I withholding forgiveness to someone or something?
110. Am I withholding forgiveness to myself?
111. How could I help myself accept this feeling?
112. Can I give myself time to feel this?
113. What other feelings is anxiety bringing up for me?
114. Do I still love myself even when I feel anxiety? If not, why?
115. If I could let this go, would that be ok for me?
116. What if I let go of this anxiety?
117. Am I afraid of what I would do if I let go of this anxiety?
118. Am I afraid of what I would say if I let go of this anxiety?
119. Did another person cause me to feel anxiety? What did they do?
120. Is this feeling part of a bigger pattern that I keep experiencing?
121. Could this be linked to a belief that's limiting me?
122. What might I be believing that's making me feel more anxiety right now?
123. Is my anxiety linked to anger?
124. What do I tell myself about myself because I'm feeling anxiety?
125. What does this mean about me if I'm feeling anxiety?
126. What do I say about myself when I feel anxiety?
127. Am I feeling any confusion around anxiety? If so, describe it.



”

WHO LOOKS
OUTSIDE,
DREAMS; WHO
LOOKS INSIDE,
AWAKES.

“

CARL JUNG

Notes

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

-Helen Keller

NOTES

BONUS



BONUS SECTION FOR EMOTIONAL HEALTH



PAGES FOR INCREASING YOUR EMOTIONAL
HEALTH ON THE DAILY

ANXIETY TOOLKIT



THE PURPOSE OF 3 COMMON EMOTIONS

1

ANGER

- Gives you energy to take big action
- Tells you where you need to make change
- Shows you what's not ok for you
- Shows you what matters to you

2

FEAR

- Puts you on alert
- Helps your brain assess if there's a potential threat
- Can get your body ready to flee in case of danger
- Helps you prepare to take action

3

SADNESS

- Helps you mourn a loss in your life
- Helps you process what that loss will mean for you
- Decreases your energy as you grieve
- Helps make room for new beginnings

3 WAYS TO VALIDATE YOUR EMOTIONS

#1



Take a moment to make a mental connection with your feeling and acknowledge that what you're feeling is valid.

#2



Have a conversation with your inner child about how you're feeling. Tell him or her that it's ok to feel what they're feeling. Send them tons of love.

#3



Write out everything you're feeling in a journal. Let it all spill out onto the page without judging it. Write, "I'm feeling (emotion) and that's ok because..."

4 TIPS TO MANAGE EMOTIONS DURING HARD TIMES

TIP 1

As much as you can, stay regular with your normal routines and self-care. It will help support your emotional health.

TIP 2

Keep continually acknowledging your emotions during this tough time. Do what you need to manage them.

TIP 3

Take time to unplug from your feelings and the challenges you're facing. Do something you love and let yourself just be.

TIP 4

If possible, try to find the silver lining. Life can hand you some horrible circumstances. So, if you can, see if you can learn from it.

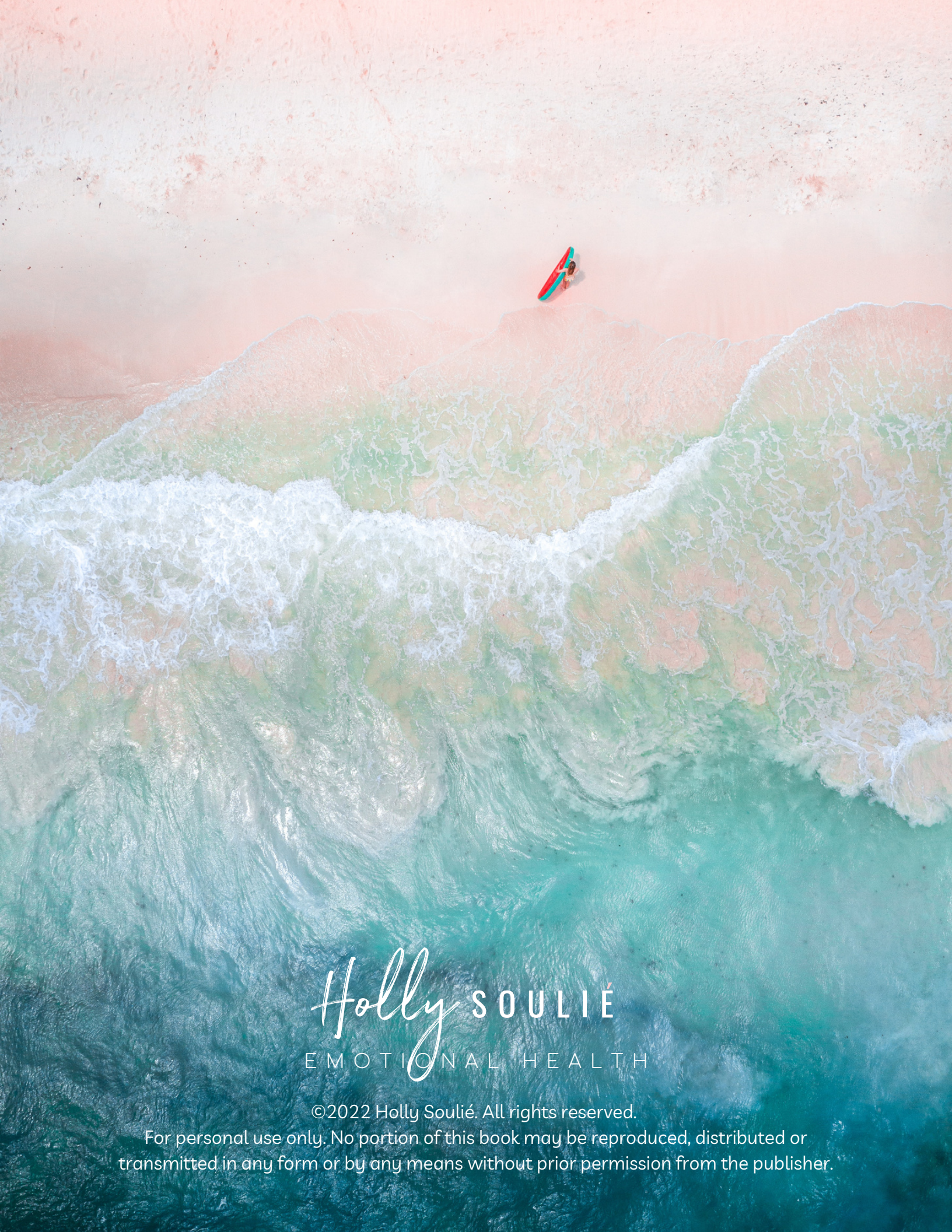
Thank you!

YOUR SUPPORT MEANS EVERYTHING

Your support means everything! Thank you so much for dedicating your precious time to care for your emotional health! I hope this guide enriches your life and helps you love yourself even more.



Love, Holly x



Holly SOULIÉ
EMOTIONAL HEALTH

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