# **Anxiety diary**

	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	91-100%
C	Calm and content	Fine	Little Uneasy	Worrying thoughts	Unfocused and stressed	Trouble thinking clearly/physically uncomfortable		Feeling overwhelmed	Difficulty functioning	Unable to function extreme anxiety

		A	%		
Date and time	What were you doing?	How did you feel before?	How did you feel at the start?	How did you feel after?	Thoughts or comments

## Afterschool weekly planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00-	Task:	Task:	Task:	Task:	Task:	Task:	Task:
16:00	Rating:	Rating:	Rating:	Rating:	Rating:	Rating:	Rating:
16:00- 17:00							
17:00- 18:00							
18:00- 19:00							
19:00- 20:00							
20:00- 21:00							
21:00- 22:00							

# Afterschool ideas

- Read
- Write
- Go for a walk
- Catch up with friends/family
- Have a nice bath/shower

#### • Watch a documentary

- Tidy your bedroom
- Gym
- Cook a new meal
- Plan your outfit for the next day

## Rating

