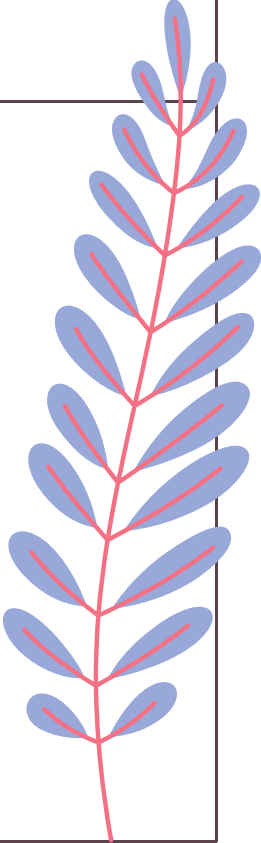


Food that amplifies my anxiety

Date _____

	Type of food	Notes
1		
2		
3		
4		
5		
6		
7		



Physiological conditions that amplify my anxiety

Date _____

	<i>Physiological conditions</i>	<i>Notes</i>
1		
2		
3		
4		
5		
6		
7		



Date _____

My essential needs

	My needs	Notes
1		How do I satisfy those needs? Should I work on them more and if yes, how?
2		
3		
4		
5		
6		
7		
	<u>Ideas of needs:</u> Sleep Physical activity Socialisation Sexuality Calm Cultural Intellectual <u>Ideas of needs:</u> Affection Laughing Travelling Contact with the nature 