

THE ANXIOUSLY HEALING WORKBOOK

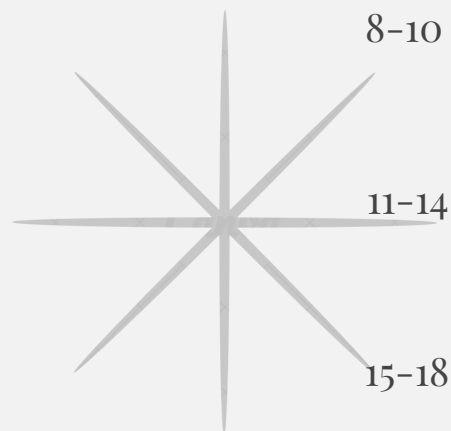
A low effort, reflective workbook for nervous system
awareness and self-compassion



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Therapy

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Hi There!

Welcome to The Anxiously Healing Workbook - A low effort, reflective journal for nervous system awareness and self-compassion.

Anxiety doesn't always look like panic. Sometimes it's overthinking, exhaustion, irritability, people-pleasing, or that deep sense of being "too much" and "not enough" at the same time.

This workbook was created as a quiet companion, not a textbook. There are no long journal entries or deep analysis required here. Instead, you'll find gentle prompts, grounding tools, visual exercises and creative space to help you slow down, tune in and soften your inner world.

How to Use This Workbook

Whether you're using this on your own, in a group or alongside a therapist, this workbook is designed to be flexible, calming and accessible.

If You're Working With a Therapist:

- Bring it to sessions, your therapist can help unpack themes or support deeper reflection.
- Use the creative pages to express things that are hard to put into words.
- Know that each section touches on patterns that commonly surface in therapy.

If You're Exploring It Alone:

- Go at your own pace, you don't have to complete a "week" in a week.
- Skip anything that doesn't feel helpful right now.
- Use the grounding tools any time you feel overstimulated or anxious.

At the end of each week, you'll find a space to gently reflect. These pages are here to support you, not to create pressure. You might use them to notice progress, acknowledge moments of strength or simply check in with how you've been feeling. They're completely optional, some weeks you might skip them and that's absolutely okay. This workbook is about meeting yourself with kindness, not ticking boxes.

This space is here for you... however you show up.
You're welcome here: anxious, healing and still figuring it all out.

If you're not currently working with a therapist but feel like this workbook is opening things you'd like to explore in a supported space, you'll find a Work With Me page at the back of this workbook, where you can reach out to start therapy with me.

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ABOUT ME

I'm a qualified integrative therapist with a special interest in anxiety, low self-worth and overthinking. I offer compassionate, down-to-earth support through 1:1 therapy and creative tools like this workbook, helping people untangle anxiety, soften inner criticism and reconnect with themselves at their own pace.

Got questions? Email me at: contact@jennimorescotherapy.com

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WEEK 1: UNDERSTANDING ANXIETY AS PROTECTION

We often think of anxiety as the enemy, but it's actually your nervous system doing its best to protect you. It's trying to keep you safe from embarrassment, rejection, shame, uncertainty and failure. The problem is, sometimes it overreacts and you get stuck in survival mode when there's no real threat.



01 CHECK-IN: HOW ANXIETY SHOWS UP FOR ME

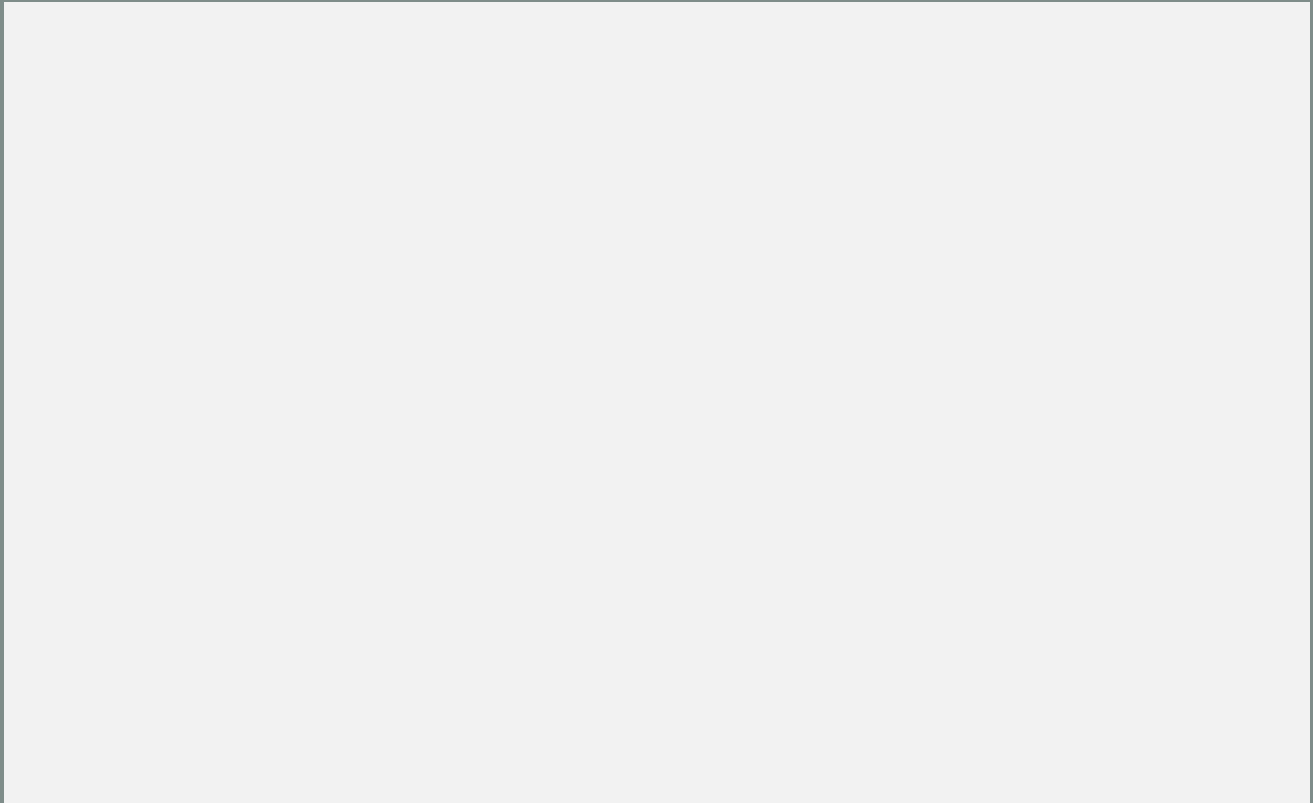
Tick all that apply (or add your own)

- | | |
|--|---|
| ☐ Needing constant reassurance | ☐ Racing thoughts |
| ☐ Over-planning | ☐ Tight chest |
| ☐ Jaw tension | ☐ Irritability |
| ☐ Zoning out / feeling disconnected | ☐ Digestive issues |
| ☐ Trouble sleeping | ☐ Foggy head |
| ☐ Feeling “too much” | ☐ Overexplaining |
| ☐ Feeling “not enough” | ☐ Muscle aches or tension |
| ☐ Sudden exhaustion | ☐ Avoiding people/situations |
| ☐ | ☐ |

02 CREATIVE REFLECTION: IF MY ANXIETY HAD A SHAPE, COLOUR OR VOICE...

Use this space to draw, describe or imagine what your anxiety would look like if it was a character or sensation. Is it sharp or soft? Loud or quiet? What might it be trying to say?

(Use symbols, doodles or colour if you like, there are no rules here.)



03 GROUNDING TOOL: 5-4-3-2-1 SENSES CHECK (WITH A TWIST)

When you feel overwhelmed, pause and name:

- 5 things you can see (say out loud or write)
- 4 things you can touch (place hands on them)
- 3 things you hear (really listen)
- 2 things you can smell (or that you like the smell of)
- 1 thing you can say to yourself kindly... "It's okay to slow down." or "I am safe in this moment."

Take a slow breath. Remind yourself: "Right now, I am safe enough."

Week 1

Date:

Things that I am most grateful for this week:

Weekly wins

Intentions for next week

This week I have managed to:

☐
☐
☐
☐
☐

I supported myself in the ways I
needed to this week

☐
☐
☐
☐

no

more or less

yes

How have I felt this week?

☐
☐
☐
☐

good

not good