



PRIVATE REFLECTION GUIDE

After Your Anxiety Check-In

A private take-home guide to help you organize what you have noticed and prepare for a conversation, if you choose.

This guide is yours. Wayside does not receive your answers. Download or print it, write only what feels useful, and share it with a provider only if you choose.

What have I been noticing lately?

When did I first notice a change? Has it been recent, intermittent, or present for a long time?

What seems to make things better or worse?

Where am I noticing the biggest impact - sleep, work, relationships, concentration, physical symptoms, routines, or something else?

Have there been recent changes in stress, health, medication, substance use, loss, relationships, work, or sleep that may matter?

What would I most like help understanding or changing?

Is there anything I am worried a provider might misunderstand about my experience?

When anxiety shows up, what thoughts, physical sensations, urges, or avoidance patterns do I notice?

Questions I may want to ask

Use this space for questions you want to remember during a conversation with a therapist, physician, or other qualified provider.

Need support now? If you are in crisis, experiencing a mental health emergency, or concerned about your immediate safety, call or text **988**. For an immediate or life-threatening emergency, call **911** or go to the nearest emergency department. Wayside Mental Health does not provide emergency or crisis response services.

This reflection guide is for educational purposes and personal preparation. It does not diagnose a mental health condition or replace individualized mental health or medical care.