



FREE GUIDE AND REUSABLE WORKSHEET

Anxiety & Stress Weekly Check-In

A flexible place to record what happens as the week unfolds, notice patterns and work out what may help.

How to use this check-in

Begin here, then use page 2 whenever a difficult moment stands out. Page 3 gives you a quick seven-day overview, and page 4 helps you look back without judging yourself. Print extra copies of any page you need.

WEEK BEGINNING _____

How much pressure am I carrying at the start?

Circle the number that feels closest. There is no right or wrong answer.

0

1

2

3

4

5

6

7

8

9

10

0 - calm and steady

10 - completely overwhelmed

1

What feels most present right now?

Include anything you notice in your thoughts, feelings or body. A few honest words are enough.

2

What would make this week feel more manageable?

Not a perfect week - just one need, boundary, conversation or practical change that may ease the pressure.



PRINT THIS PAGE AGAIN WHENEVER YOU NEED IT

Record a difficult moment

Writing down what happened soon afterwards can make it easier to separate the situation from the thoughts, feelings and physical reactions that followed.

DATE AND TIME _____

INTENSITY BEFORE 0 1 2 3 4 5 6 7 8 9 10 Circle one

Use the number that fits the moment, rather than the number you think it should be.

1

What was happening?

Describe the situation as simply and factually as you can.

What went through my mind?

Exact words are useful, even if they seem harsh or repetitive.

What did I notice in my body?

For example: tight chest, racing heart, tension, nausea or restlessness.

What did I feel or want to do?

Name the feeling and any urge, avoidance or action that followed.

What helped, even slightly?

A person, pause, boundary, action or more balanced thought. Add the intensity afterwards.

If detailed recording makes you feel more preoccupied, pause and use only one or two lines. The aim is understanding, not monitoring yourself perfectly.



A FEW WORDS EACH DAY ARE ENOUGH

Your week at a glance

Use this page for the main thing you noticed each day. If you want more detail, use a fresh copy of page 2.

WEEK BEGINNING _____

DAY / DATE	0-10	WHAT STOOD OUT?	WHAT HELPED?
MON _____	circle 0 1 2 3 4 5 6 7 8 9 10		
TUE _____	circle 0 1 2 3 4 5 6 7 8 9 10		
WED _____	circle 0 1 2 3 4 5 6 7 8 9 10		
THU _____	circle 0 1 2 3 4 5 6 7 8 9 10		
FRI _____	circle 0 1 2 3 4 5 6 7 8 9 10		
SAT _____	circle 0 1 2 3 4 5 6 7 8 9 10		
SUN _____	circle 0 1 2 3 4 5 6 7 8 9 10		

You are looking for patterns, not a perfect record. Blank days are still part of the picture; you do not need to fill them in afterwards.



A WEEKLY PAUSE

Looking back with curiosity

The purpose is not to judge how well you coped. It is to notice what increased the pressure, what supported you and what you may need next.

What increased the pressure?

Notice recurring situations, people, responsibilities, thoughts or uncertainty.

How did it show up?

What patterns did you notice in thoughts, feelings, sleep, behaviour or your body?

What helped, even a little?

Include ordinary things: rest, food, movement, company, saying no or asking for help.

What did I handle?

Acknowledge effort, choices and moments you kept going - not only finished outcomes.

What may I need?

Support, a boundary, a conversation, practical help or advice from a professional.

One small next step

Choose something specific and manageable for the coming week.

A note about support

This guide is for reflection, not diagnosis or medical advice. If anxiety or stress is affecting daily life, contact your GP or NHS 111. If you or somebody else is in immediate danger, call 999.