



What You Need to Know About Anxiety Toolkit



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Table of Contents

- General Anxiety Disorder (GAD-7)
- Weekly Planner
- Anxiety Diary
- Thought Record
- Anxiety Action Plan
- Symptom Management



This toolkit contains
resources to help you
manage anxiety.

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General Anxiety Disorder (GAD-7)

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Total each column: 0 + + +
= Total Score:

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.

Note from Health Net Federal Services: If anxiety symptoms are interfering with your daily life it is time to seek help. This form is a tool you can use to monitor your anxiety symptoms and is not meant as a means to diagnose yourself. Sharing your completed GAD-7s with your doctor can be useful when addressing your anxiety-related symptoms.

Weekly Planner

Follow these tips and use a weekly planner or calendar to help make your tasks and responsibilities easier to manage.

- Include time for self-care activities, like rest and exercise.
- Arrange things you need to do in order of importance. Get the most important things done first.
- Set a reasonable limit and avoid scheduling too many things into one day.
- Break up large tasks into small steps you can do one at a time.

Week of: _____	Morning	Afternoon	Evening
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Anxiety Diary

Each day write down whether or not you experienced anxiety symptoms. Write down your symptoms and rate them using the scale in the chart below. Next, write down how you responded. Lastly, write down the outcome.

Date/day of the week	Did you have anxiety or a panic attack today?	Note any symptoms you experienced	Rate symptoms 0=none 1=mild 2=moderate 3=severe	What did you do in response?	Outcome
	No ____ Yes ____				
	No ____ Yes ____				
	No ____ Yes ____				
	No ____ Yes ____				
	No ____ Yes ____				
	No ____ Yes ____				
	No ____ Yes ____				
	No ____ Yes ____				

Sharing your records with your health care provider can help with treatment. You may also find the outcome becoming more positive and the periods of anxiety becoming less frequent and severe as you learn new ways to respond to your anxiety.

Thought Record

Use this thought record to help you learn to challenge your irrational thoughts and identify balanced counter statements. Practice coming up with balanced counter statements by using situations that caused you to experience anxiety. Using this tool can help you when you begin to experience anxiety and irrational thinking in the future.

Situation That Caused Anxiety	What You Were Thinking (Irrational Thought)	Counter Statement (Balanced Thought)
Riding elevator	I won't be able to get out if I have a panic attack.	I can wait until the elevator stops. Nothing will happen to me.

Anxiety Action Plan

This **action plan** is a guide to help you recognize the signs and symptoms of anxiety, and be prepared with actions you should take. You and your specialist should complete this plan together. The three colors (zones), green, yellow and red, help you decide what to do.

Zone	Status	Symptoms	Actions
GREEN	<p>Green means you are doing well. Symptoms are STABLE. Your anxiety is under control.</p>	<ul style="list-style-type: none"> • Your anxiety symptoms are well managed. • You are participating in your usual activities. • _____ • _____ • _____ 	<ul style="list-style-type: none"> • Take medications as directed. • Follow your treatment plan. • Get adequate exercise, proper nutrition and a good night's sleep. • _____ • _____
YELLOW	<p>Yellow means CAUTION. Your symptoms indicate you need to talk with your primary care manager (PCM), therapist, psychiatrist, or support network.</p>	<ul style="list-style-type: none"> • Your anxiety symptoms have increased, such as changes in sleep, appetite, an increase in worry, fear, panic, irritability, or even suicidal thoughts. • Your coping skills are not as effective. • _____ • _____ • _____ 	<ul style="list-style-type: none"> • Continue your current medication. • Reach out to your support network, therapist, psychiatrist, or PCM. • _____ • _____ • _____ • _____
RED	<p>Red means you need help IMMEDIATELY! You need to be evaluated now if your yellow zone actions have not helped your symptoms improve.</p>	<ul style="list-style-type: none"> • Your symptoms are unmanageable and may include suicidal or homicidal thoughts, a plan and/or intent. • _____ • _____ • _____ 	<ul style="list-style-type: none"> • This is a psychiatric emergency. Call 911, a suicide prevention hotline or have a friend or family member take you to the ER. • _____ • _____ • _____

Symptom Management

You can manage your anxiety by following these tips below.

Anxiety symptoms

- excessive or uncontrolled anxiety and worry
- feeling restless or on edge
- easily fatigued
- difficulty concentrating
- irritability
- muscle tension
- sleep problems
- panic attacks (sudden onset of intense apprehension, fearfulness or terror often associated with feelings of impending doom)
- agoraphobia (fear of being alone, leaving your home or any situation where you could feel trapped, embarrassed or helpless if you do panic)
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

What you can do to manage anxiety

- Get support. Contact friends and family as needed.
- Keep medical and therapy appointments.
- Take medications as prescribed.
- Get rest.
- Exercise.
- Practice meditation or deep breathing for relaxation.
- Get proper nutrition.
- Make a plan. Follow your action plan, including monitoring your symptoms, and contacting your providers and members of your support team as needed.
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Emergency Contact Numbers

Friends/Support:

Psychiatrist:

Therapist:

PCM:

24/7 Emergency Resources

911

National Suicide Prevention Hotline
1-800-273-TALK (8255)

Military OneSource
1-800-342-9647
www.militaryonesource.mil

Additional Resources

National Alliance on Mental Illness (NAMI)
1-800-950-NAMI (6264)
www.nami.org

National Institute of Mental Health (NIMH)
1-866-615-6464
www.nimh.nih.gov

Locate a TRICARE-authorized provider here:
www.tricare-west.com/go/provdir