THERAPEUTIC SOLUTIONS @

Wellness Within uk

The Anxiety Emergency Action Plan

A practical, writable plan for recognising anxiety, finding steadier ground and knowing what support to seek.

Keep this somewhere easy to reach.



A CALM PLACE TO START

Welcome

Anxiety can feel overwhelming, but it is possible to notice what is happening and choose a next step. This plan is designed to be used before, during and after an anxious episode.

Use the pages that fit you. Write in your own words, keep the steps simple and update the plan as you learn what helps.

Name

Date started

What would I like this plan to help me with?

STAGES OF SAFETY PLANNING

1. **NOTICE**
   What is happening for me?
2. **STEADY**
   Choose one grounding or coping step.
3. **CONNECT**
   Contact someone I trust.
4. **GET SUPPORT**
   Use appropriate professional or urgent help when needed.
5. **REVIEW**
   Record what helped and update the plan.

If there is immediate danger, use the local emergency number. This plan supports preparation; it does not replace professional or emergency help.

NOTICE YOUR PATTERNS

My Anxiety Profile

Anxiety is personal. This page helps me recognise my own pattern without judging it.

Known triggers

Early warning signs

Physical signs I notice

Mental or behavioural signs

My anxiety escalation pattern usually looks like:

1. Early signs: _____

2. Building: _____

3. Peak: _____

4. Coming down: _____



PEOPLE WHO CAN HELP

My Emergency Contact Circle

I do not have to manage a difficult moment alone. I can decide who to contact and what I want them to know.

Trusted contact 1 — name / number / best way to reach them

Trusted contact 2 — name / number / best way to reach them

Trusted contact 3 — name / number / best way to reach them

My Professional Support

GP, therapist, school/college or other professional contact

USE ONE STEP AT A TIME

The 5-Step Emergency Protocol

When anxiety rises, I can move through these five steps. I can pause, repeat a step or ask someone to stay with me.



1 STOP & NAME IT

Notice: “This is anxiety. I am having a hard moment.”



2 GROUND

Orient to the room and connect with my senses.



3 BREATHE

Use a gentle breathing pattern without forcing it.



4 MOVE & REDIRECT

Change position, place or activity in a manageable way.



5 RECOVER & LOG

Care for myself, note what helped and update the plan.

Stop & Name It

Pause if it is safe to do so. Naming the experience can create a little space between the alarm and my next action.

Try saying:

"I am experiencing anxiety. I can take one next step."

What Thoughts are showing up ?

What feelings in the body are present ?



How can you name it?

What's my plan: small steps?

STEP 2

GROUND



Look around slowly. Let the room become more familiar. Choose what feels comfortable; stop if an exercise makes things worse.

My 5–4–3–2–1 grounding check

5 — See: “5 things I can see”

4 — Feel: “4 things I can feel”

3 — Hear: “3 things I can hear”

2 — Smell: “2 things I can smell”

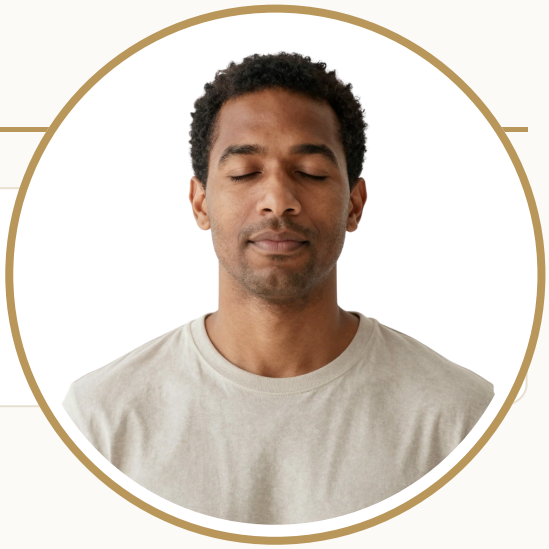
1 — Taste: “1 thing I can taste or imagine tasting”

My sensory anchors are:

Sight:	Sound:	Touch:	Taste

STEP 3

BREATHE



Keep the breath gentle and comfortable. I do not need to breathe deeply or force a count. If I feel dizzy or uncomfortable, I return to normal breathing and choose another step.

My steady breathing pattern

Inhale softly for	Exhale softly for	Repeat x times

What helps me keep breathing comfortably?

Other breathing options I can try:

- ☐ Longer, unforced exhale
- ☐ Count objects or sounds instead of breaths
- ☐ Breathe normally while grounding through touch

STEP 4

MOVE & REDIRECT



A small change in movement, posture or attention can help me move through the moment. I can choose what feels safe and realistic.

My Physical Reset Action

Examples: stand and stretch, walk slowly, sip water, loosen my shoulders, step into a quieter place.

A safe place I can move to

A simple activity that redirects my attention

☐ stretch ☐ walk ☐ water ☐ music ☐ fresh air
☐ contact someone Other Ideas

STEP 5

RECOVER & LOG



Coming down can take time. Recovery is part of the plan, not an afterthought.

My Recovery Phrase

Post-Episode Self-Care Checklist

- [ ] drink water or have something nourishing
- [ ] reduce stimulation and rest
- [ ] reconnect with a trusted person
- [ ] note what helped without blaming myself

Quick Reflection

What triggered the episode?

What helped?

What will I do differently next time?

CATCH IT EARLY

Triggers and Early Warning Signs



The earlier I notice my pattern, the more choices I may have. This is information, not a test I can fail.

Situations, places or thoughts that can trigger anxiety

The first signs I notice

What I can do at the first sign

Who I can tell early

My Anxiety Escalation Pattern

My pattern may not be linear. I can use this page to notice what changes as anxiety builds and what helps it come down.

Level 1 — early signs

What I notice / what helps

Level 2 — building

What I notice / what helps

Level 3 — peak

What I notice / what helps

Level 4 — recovery

What I notice / what helps

My Coping Activities by Location

I can choose small, realistic actions that fit the place I am in.

At home

☐ _____ ☐ _____ ☐ _____

☐ _____ ☐ _____ ☐ _____

At work / school / college

☐ _____ ☐ _____ ☐ _____

☐ _____ ☐ _____ ☐ _____

In public

☐ _____ ☐ _____ ☐ _____

☐ _____ ☐ _____ ☐ _____

Online or on my phone

☐ _____ ☐ _____ ☐ _____

☐ _____ ☐ _____ ☐ _____

Other:

KEEP IT CURRENT

Review and Update

I can review this plan after an episode, when circumstances change or at a regular check-in. I can remove anything that no longer fits.

What is working well?

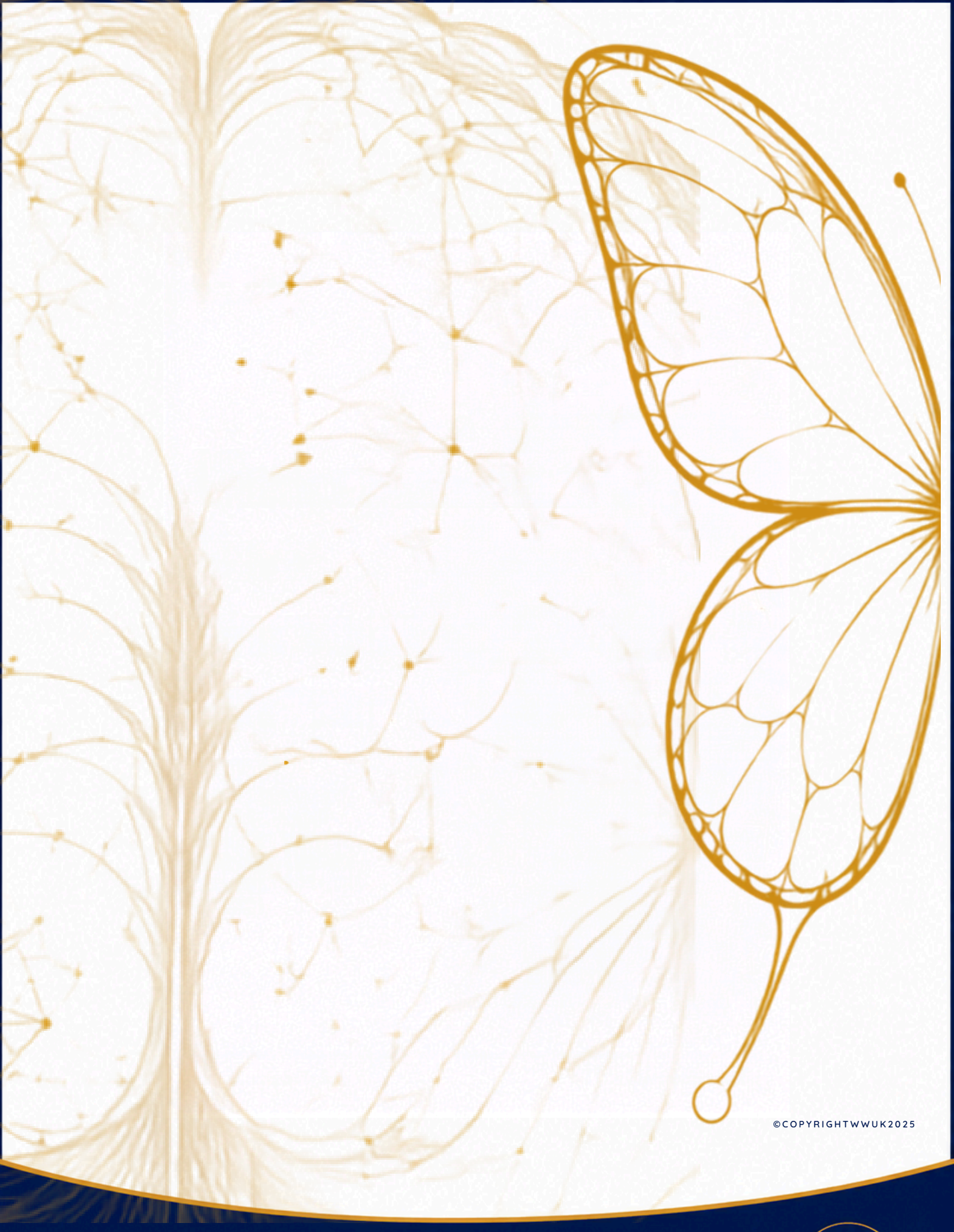
What needs changing?

What support do I need now?

Support and escalation information

If I may be in immediate danger or unable to keep myself safe, I will contact an appropriate emergency service or trusted adult. For ongoing or worsening concerns, I will seek support from my GP, mental-health service or another appropriate professional.

Local services / professional instructions I have been given



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