



Putting it All Together

Congratulations! You have reached the final Chapter of Your Best You: Managing Your Anxiety. Remember that the very first step towards learning to manage your anxiety is to increase yourself-efficacy and seek help. Turning to this workbook is exactly that. You did it! So now what?

The aim of this workbook is to increase your competency in managing your anxiety and your overall ability to cope with stress. This workbook contains information and many tools that have been shown to be effective for many people. Recall, however, that practice is a key component needed to achieve this goal (see page 8 on the Importance of Practice). Now that you have the knowledge and the skills, it is time to develop a **plan** and **put it into action**.

Anxiety can be manageable, but it requires active work on your part.

Use this final chapter to develop a plan for continuing to manage your anxiety. Don't forget to check in with your expectations, too. Recall that anxiety is a natural part of being a human being; that means we can't absolutely get rid of anxiety (in fact, we wouldn't want to! Anxiety can be helpful!), but we can learn to manage it so it doesn't control our lives. Use this final Worksheet (also found in Appendix B Worksheet 7.1 Putting it All Together) to formalize your plan for the future. Don't forget to check in from time to time and adjust the plan as situations in your life change. If one strategy really works for you, plan to use it more; if another strategy really doesn't work, stop using you! You are the expert on you, and with a little help, you can build up the skills required to manage your anxiety.

WORKSHEET 7.1 Putting it All Together

Below is a list of Basic Anxiety Management Skills. In the first column below, select the strategies you've tried so far. In the second column, select the strategies that you are planning to try in the future. Use the space at the bottom to make note of strategies not mentioned in this workbook that you have or plan to try.

Tried so far	Planning to try	Strategies
		Self Care/SPEMS
		Deep Breathing
		Mindfulness
		Progressive Muscle Relaxation
		Worry Time
		Time Management
		Decision Making
		The Thought Record
		Behavioural Experiments
		Other (specify):

Use the space below to set goals for the future. What is your game plan to practice your Basic Anxiety Management Skills moving forward? Be sure to set goals that are **SMART** (*specific, measurable, attainable, realistic, and timely*).
