



COGNITIVE BEHAVIOURAL THERAPY

STRATEGIES (A 10-PART SERIES)

PART 9 **MANAGING ANXIETY PLAN**

BrantfordPAC.com/Wellness

IDENTIFY TRIGGERS

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Remember your responses to help you detect any early signs of anxiety triggers