

Anxiety Heart Palpitations Worksheet

A 10-minute page for the night your chest gets loud.

This sheet does not diagnose heart disease or anxiety. If you have chest pressure, pain spreading to arm, jaw, neck or back, fainting, cold sweat, or symptoms that last more than a few minutes and do not ease — call emergency services (911 / 999 / 000 / 108).

1. What just happened in my body?

Time and place: _____

Sensation (circle): pounding / flutter / skip / tight chest / throat thud

How many minutes did the peak last? _____

Sleep last night (hours): _____ Caffeine today: yes / no Alcohol: yes / no

2. What did my mind predict?

The story my mind told: _____

What I feared would happen in the next 10 minutes: _____

What actually happened: _____

3. Two cue lists (write these once, use them later)

This is usually my anxiety wave	This means I stop self-managing and get help
Examples: peaks in minutes, trembling, tingling, eases with long exhale, familiar night pattern.	Examples: pressure/squeezing, pain to arm/jaw/back, fainting, cold sweat, new exertional pain, does not ease.
My cues: _____ _____	My red flags: _____ _____

4. The 2-minute brake (do this before you search)

Inhale through the nose for 4. Exhale for 6–8. Repeat for two minutes. Hands off the pulse. Name five things you can see. Then say: “This can be adrenaline. My heart is allowed to pound. I will use my red-flag list, not Google.”

5. After the wave

What helped even 10%: _____

What made it louder (checking pulse, scrolling, arguing with the beat): _____

One thing I will do tomorrow morning (walk / light / caffeine cutoff): _____

Want the full BBH anxiety book when the Amazon link is live? Email info@bioandbrainhealthinfo.com with “Send me the heart palpitations worksheet” if you received this page another way. This PDF is a practice tool, not a substitute for a doctor.

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