

BBH FIRST-LIGHT MORNING ANXIETY WORKSHEET

A gentle first-hour check-in for waking fear, dread, tension, grief or racing thoughts

BioAndBrainHealthInfo.com

FIRST: IS THIS MY USUAL PATTERN OR SOMETHING NEW/SEVERE?

Do not assume every morning symptom is anxiety. Sudden one-sided weakness, new speech difficulty, fainting, severe breathing difficulty, spreading chest pain, or another new severe symptom needs urgent care. If you feel unable to stay safe, tell another person and seek urgent crisis or emergency support.

1. WHAT HAPPENED IN THE FIRST FEW MINUTES?

What was the first feeling I noticed when my eyes opened?

Examples: dread, fear, sadness, pressure, emptiness, panic, grief, confusion.

What was the first thought, memory or problem that appeared?

2. BODY CHECK - NOTICE, DO NOT DIAGNOSE

Tick what you noticed this morning:

- | | | | |
|---|---------------------------------------|--|---|
| ☐ Tight head | ☐ Jaw tension | ☐ Chest tightness | ☐ Shaking |
| ☐ Fast heartbeat | ☐ Nausea | ☐ Tears | ☐ Hard breathing |
| ☐ Heavy body | ☐ Restlessness | ☐ Stomach tension | ☐ Other |

If "Other," or if one symptom felt especially strong, write it here:

3. WHAT MAY HAVE FED THIS MORNING?

- | | | |
|--|---|--|
| ☐ Poor or broken sleep | ☐ Yesterday's stress | ☐ Grief or loss |
| ☐ Relationship worry | ☐ Work / money pressure | ☐ Health worry |
| ☐ Upcoming responsibility | ☐ Phone / message checking | ☐ I am not sure yet |

What feels emotionally important enough that my mind wants an answer immediately?

BBH FIRST-LIGHT MORNING ANXIETY WORKSHEET

Separate fact from prediction, choose support, and give the first hour one safe direction

BioAndBrainHealthInfo.com

4. FACT, MEMORY OR PREDICTION?

Write the thought that feels loudest, then mark what it is.

The thought:

☐ FACT - confirmed now

☐ MEMORY - from before

☐ PREDICTION - feared future

A more balanced sentence I can use for the next 10 minutes:

Example: "I have a difficult meeting today" instead of "Today will definitely go badly."

5. WHO OR WHAT CAN SUPPORT THIS MORNING?

Tick what is realistic today:

☐ Call / sit with someone

☐ Prescribed treatment

☐ Water / food

☐ Quiet breathing

☐ Prayer / mala

☐ Short walk / balcony

☐ Journal one sentence

☐ Delay phone checking

☐ Professional support

6. MY FIRST-LIGHT PLAN

The next 10 minutes require only:

One thing that can wait until later today:

One person I can contact if the anxiety grows:

7. NOTE FOR MY DOCTOR / THERAPIST

Pattern I want to discuss (timing, sleep, medication, physical symptoms, grief, stress or triggers):

BBH FIRST-LIGHT REMINDER

You do not have to solve your whole life when your eyes open.
First make sure you are safe. Then meet the next ten minutes.