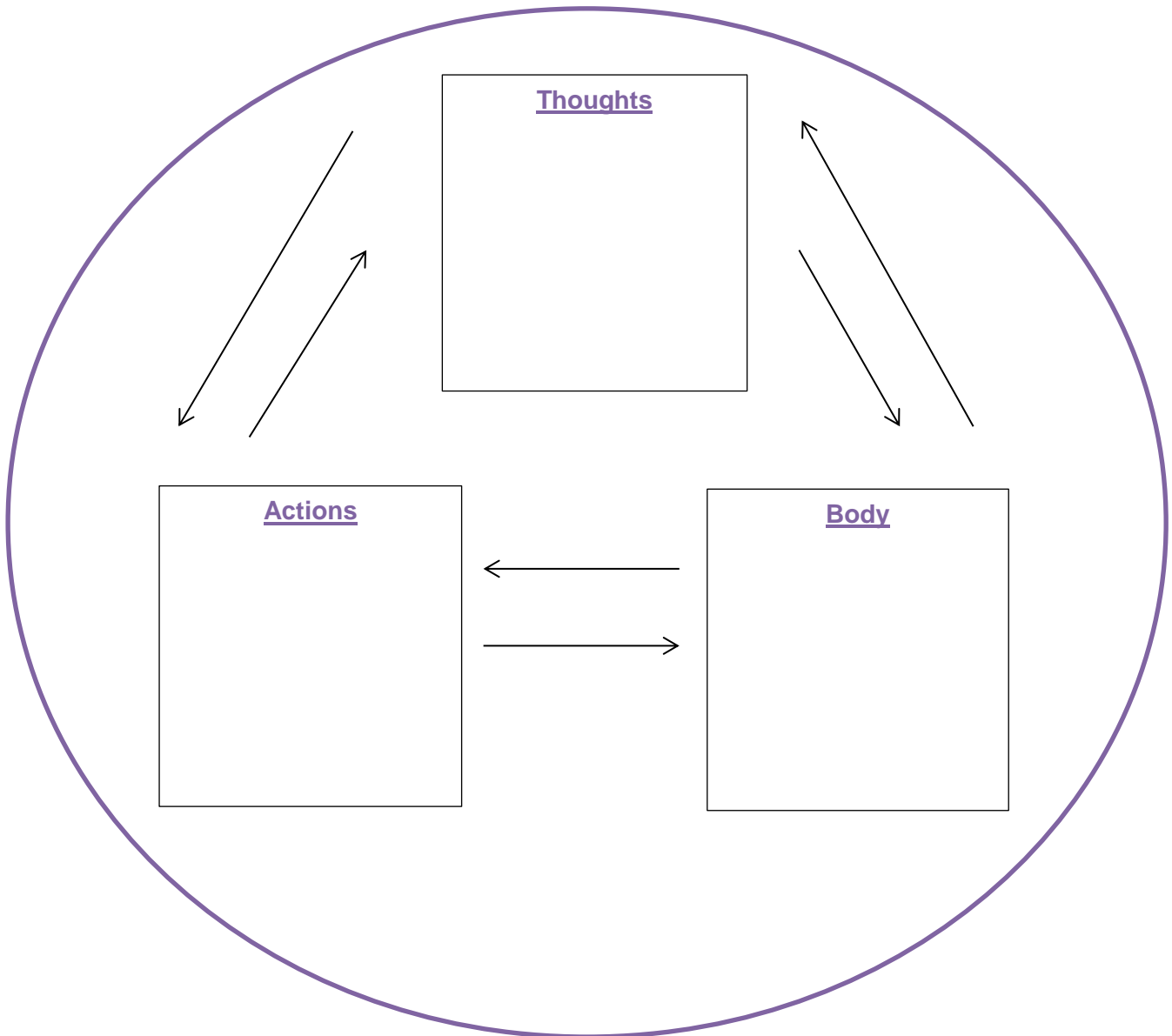


Worksheet 4.1
Thoughts and sleep

What thoughts, actions and body effects do you experience? Fill in your own vicious cycle below



If you find that you are lying awake worrying when you should be sleeping, it is a good idea to find strategies that help you to manage anxiety. You may find it helpful to keep a notepad by your bed and write down your worries before you go to sleep. Mindfulness and relaxation exercises can also be helpful here, as it can help you to disentangle from your thoughts and slow down your heart rate and breathing.

Make a note of what strategies you could try to help improve your anxiety.
