

# Controlling anxiety at home

How do I feel today?



Main Line Health®  
HomeCare & Hospice



Green zone

You are  
in control.



Yellow zone

Take action today.  
Call:



Red zone

Take action now!  
Call:



How do I feel?

I feel calm.

I feel like I can sit  
or lie still.

I am beginning to feel:

- Restless
- Anxious
- Fearful
- Like I cannot sit or lie still

For the last few  
hours I feel:

- My body shaking
- My heart pounding
- Like I cannot breathe

I feel:

- Confused
- Angry

Is my anxiety  
medicine  
helping?

The medicine feels  
like it is helping.

I took the medicine 1  
hour ago and:

- It does not feel like it is helping
- I still feel anxious, restless, or fearful

I am not sure which  
medicine to take.

The medicine is not  
helping and I feel  
different than I did  
before.

My family is worried  
that I may hurt myself  
or someone else.

I am not sure what to  
do now.

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# My plan for controlling anxiety at home

## Things to help me feel calm:

- ☐ Limit the number of people in the room
- ☐ Keep the noise level low
- ☐ Lower the lights
- ☐ Play music
- ☐ Imagine myself in a calm place
- ☐ Avoid things that make me feel anxious
- ☐ Other ideas:

## How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.