

Anxiety Action Plan

This **action plan** is a guide to help you recognize the signs and symptoms of anxiety, and be prepared with actions you should take. You and your specialist should complete this plan together. The three colors (zones), green, yellow and red, help you decide what to do.

Zone	Status	Symptoms	Actions
GREEN	<p>Green means you are doing well. Symptoms are STABLE.</p> <p>Your anxiety is under control.</p>	<ul style="list-style-type: none"> • Your anxiety symptoms are well managed. • You are participating in your usual activities. • _____ • _____ • _____ 	<ul style="list-style-type: none"> • Take medications as directed. • Follow your treatment plan. • Get adequate exercise, proper nutrition and a good night's sleep. • _____ • _____
YELLOW	<p>Yellow means CAUTION.</p> <p>Your symptoms indicate you need to talk with your primary care manager (PCM), therapist, psychiatrist, or support network.</p>	<ul style="list-style-type: none"> • Your anxiety symptoms have increased, such as changes in sleep, appetite, an increase in worry, fear, panic, irritability, or even suicidal thoughts. • Your coping skills are not as effective. • _____ • _____ • _____ 	<ul style="list-style-type: none"> • Continue your current medication. • Reach out to your support network, therapist, psychiatrist, or PCM. • _____ • _____ • _____ • _____
RED	<p>Red means you need help IMMEDIATELY!</p> <p>You need to be evaluated now if your yellow zone actions have not helped your symptoms improve.</p>	<ul style="list-style-type: none"> • Your symptoms are unmanageable and may include suicidal or homicidal thoughts, a plan and/or intent. • _____ • _____ • _____ 	<ul style="list-style-type: none"> • This is a psychiatric emergency. Call 911, a suicide prevention hotline or have a friend or family member take you to the ER. • _____ • _____ • _____

Symptom Management

You can manage your anxiety by following these tips below.

Anxiety symptoms

- excessive or uncontrolled anxiety and worry
- feeling restless or on edge
- easily fatigued
- difficulty concentrating
- irritability
- muscle tension
- sleep problems
- panic attacks (sudden onset of intense apprehension, fearfulness or terror often associated with feelings of impending doom)
- agoraphobia (fear of being alone, leaving your home or any situation where you could feel trapped, embarrassed or helpless if you do panic)
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

What you can do to manage anxiety

- Get support. Contact friends and family as needed.
- Keep medical and therapy appointments.
- Take medications as prescribed.
- Get rest.
- Exercise.
- Practice meditation or deep breathing for relaxation.
- Get proper nutrition.
- Make a plan. Follow your action plan, including monitoring your symptoms, and contacting your providers and members of your support team as needed.
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Emergency Contact Numbers

Friends/Support:

Psychiatrist:

Therapist:

PCM:

24/7 Emergency Resources 911

National Suicide Prevention Hotline
1-800-273-TALK (8255)

Military OneSource
1-800-342-9647
www.militaryonesource.mil

Additional Resources

National Alliance on Mental Illness (NAMI)
1-800-950-NAMI (6264)
www.nami.org

National Institute of Mental Health (NIMH)
1-866-615-6464
www.nimh.nih.gov

Locate a TRICARE-authorized provider here:
www.tricare-west.com/go/provdir