

Weekly anxiety and medicine log

Fill on a computer or print and write by hand. Medicines and questions are on page 2.

Name

Week starting

Filled in by (you or a family member)

Each day	Mon date	Tue date	Wed date	Thu date	Fri date	Sat date	Sun date
Worry or anxiety level 0 = calm, 10 = worst	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Panic attacks How many, and how long							
Sleep Hours last night	hrs	hrs	hrs	hrs	hrs	hrs	hrs
Caffeine and alcohol What, and how much							
Situations faced or avoided What happened							
Medicines taken Name, dose, time							
Missed or late dose Which one, and why	☐ Yes ☐ No 	☐ Yes ☐ No 	☐ Yes ☐ No 	☐ Yes ☐ No 	☐ Yes ☐ No 	☐ Yes ☐ No 	☐ Yes ☐ No
Side effects What, and how bad							
Thoughts of death or self-harm Yes or no. If yes, call or text 988	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No

If you have thoughts of death or of hurting yourself on any day, do not wait for your appointment. Call or text 988 or chat at 988lifeline.org (988 Suicide & Crisis Lifeline, free and confidential, 24/7). In a life-threatening situation, call 911.

My medicines and questions

Bring this sheet, and page 1, to your next appointment.

My medicines

Include over-the-counter medicines, herbal remedies, vitamins, and supplements.

Medicine	Dose	When I take it	What it is for	Started

Questions for my next appointment

Write them down as they come up during the week.

1.
2.
3.
4.
5.
6.
7.
8.
9.

Other notes for the week

Tips for tracking and bringing notes (each with its source)

- Notes make the visit easier.** A provider may ask when symptoms began, how long they have lasted, how often they happen, and how they affect your life. Source: nimh.nih.gov/health/publications/generalized-anxiety-disorder-gad
- Be specific.** Describe symptoms, when they started, how severe they are, and how often they happen. Share major stress or recent life changes. Source: nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider
- List every medicine,** including over-the-counter drugs, herbal remedies, vitamins, and supplements. Source: nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider
- Track caffeine and sleep.** Cutting back on caffeine and getting enough sleep can reduce anxiety symptoms alongside treatment. Source: nimh.nih.gov/health/publications/generalized-anxiety-disorder-gad
- Note early changes.** The full effect of an anxiety medicine builds over 2 weeks or more, and some people feel more anxious, agitated, or jittery at first. Never stop a medicine on your own. Source: nice.org.uk/guidance/cg159