

Worksheet 24

My wellbeing review

Review date:
What have your panic-related symptoms been like over the last month?
Reading through your red flags list, have you had any experiences that have concerned you?
Do you need to take any action now to keep on top of your panic attacks?

If so, what will be helpful to use from your toolkit?

What do you need to do and when are you going to do it?

The date of my next review is: