

HS & Anxiety Worksheet

Podcast Companion Tool

1. Know Your Triggers

Anxiety is your body's alarm system. With HS, triggers can be everywhere — pain, flares, intimacy worries, appointments, or even social events. Write down 3 common triggers that spark anxiety for you.

Trigger 1: _____

Trigger 2: _____

Trigger 3: _____

👉 Awareness helps you notice anxiety early, before it spirals.

2. Fight / Flight / Freeze / Flop

These are your body's automatic stress responses. Which ones do you notice most in yourself? Circle or check them, then write an example.

Fight (getting defensive / snapping) – Example: _____

Flight (avoiding, canceling plans) – Example: _____

Freeze (feeling stuck, mind blank) – Example: _____

Flop (people-pleasing, shutting down) – Example: _____

👉 Identifying your patterns makes it easier to interrupt them.

3. 4-4-4 Breathing

Slow, intentional breathing tells your body it's safe. Practice here: Inhale 4 seconds

Hold 4 seconds

Exhale 4 seconds

Repeat 4 times

Notes:

4. Sour Candy Snap

A quick sensory jolt to stop racing thoughts. Write down your favorite “snap” options.

Option 1: _____

Option 2: _____

👉 Doesn't have to be candy — could be a strong mint, ice cube, or spicy food.

5. 5-4-3-2-1 Grounding

Pull yourself into the present. Write yours:

5 things I can see: _____

4 things I can touch: _____

3 things I can hear: _____

2 things I can smell: _____

1 thing I can taste: _____

6. Cold Water Reset + Gentle Movement

A temperature drop and light movement help reset your system.

Ideas:

Splash cold water on my face or wrists.

Final Encouragement

Anxiety isn't weakness — it's your body's way of trying to protect you. With HS, it often works overtime, but you can calm it down. Keep these tools nearby, and remember: you have ways to take back control when anxiety strikes