



Calming The Anxiety Within (The Healing Journal Series)

Kaitlyn Storm

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Calming The Anxiety Within is a 30-day guided colouring journal that is designed to teach you how to effectively manage your anxiety. Once completed, you will have a personalized anxiety management plan built on what works for you. With over twenty years as a Child & Youth Counsellor, Kaitlyn Storm has taught hundreds of people with anxiety how to successfully manage their anxiety and live the lives they want. In this journal you will find: thirty tips and tricks for managing your anxiety, anxiety tracking forms so you can measure your success, thirty journal prompts designed to help you to explore and understand your anxiety, lined pages for your journal responses, as well as thirty meditative designs to colour your way to calm and emergency wallet cards that explain your anxiety to others when you are in crisis and much more!

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