

# Anxiety-Proof Investment Toolkit

## 1. Investment Mindset Checklist

- I'm investing for the long term, not short-term gains.
- I've reviewed my risk tolerance and rebalanced my portfolio.
- I understand that market dips are normal, not personal failures.
- I don't make emotional decisions based on headlines.
- My emergency fund is in place. I can wait out volatility.

## 2. Market Panic Reframing Statements

"A dip is not a crash."

"Volatility creates opportunities."

"I've survived market dips before. I'll get through this one."

"This is noise. My plan is the signal."

## 3. Quick Stress-Relief Toolkit (Use During Volatility)

- Deep breathing (4-7-8 technique): 2 mins - Lowers cortisol
- Take a 10-minute walk: 10 mins - Clears your head
- Unplug from news/social media: 1 hour - Reduces overwhelm
- Journal 3 things you can control: 5 mins - Restores focus
- Drink water + eat a protein-rich snack: 5 mins - Regulates energy/mood

## 4. My Investment Affirmations

"I trust my strategy, not my fear."

"Markets fluctuate. My goals are steady."

"I invest in peace of mind, not panic."

[Write your own below]

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## 5. Market Stress Emergency Plan

## **Anxiety-Proof Investment Toolkit**

Portfolio drops >10%: Review plan, do NOT panic sell.

Anxiety spikes: Use breathing/journaling tools.

Tempted to check portfolio repeatedly: Set screen limits & replace with a physical hobby.

Read negative news: Pause, verify from multiple sources, wait 24 hours.

### **6. Healthy Investing Habits (Weekly Tracker)**

Track each day:

- Checked News Only Once
- Avoided Panic
- Focused on Long-Term
- Practiced Self-Care