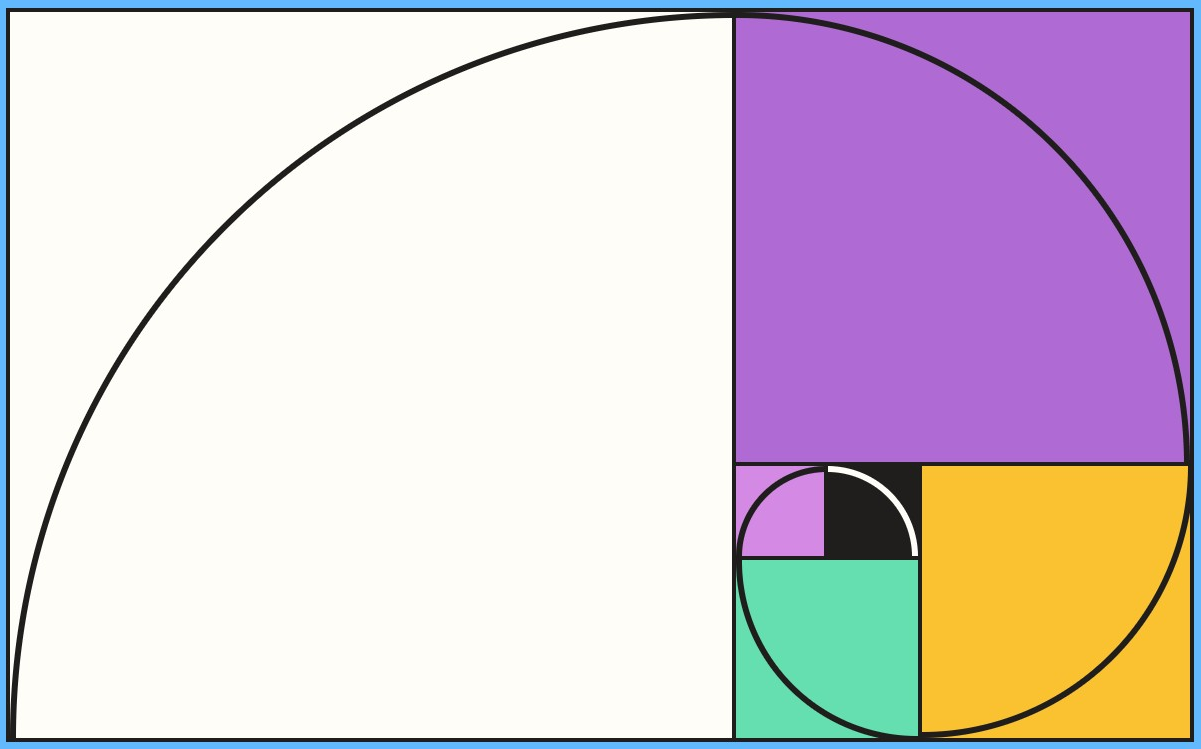
ANXIOUS AS ANYTHING

FREE GUIDE



Spiral bound.

A free guide to career change, redundancy and life's loop-the-loops.

Four exercises for the shock, the spin, the sort and the climb back up.

By Dee, founder of Anxious as Anything

anxiousasanything.com @anxiousasanything

BEFORE WE START

So, life threw you a curveball. Or a full loop.

Maybe you've been made redundant. Maybe you've decided to jump before you were pushed. Maybe the job's fine and something else has knocked you sideways. Either way, the ground has moved and your brain has gone into a spin.

That spin is normal. Spiralling is what brains do when the plan disappears. It feels like going round in circles.

Here's the twist. Spirals go up as well as down. Each loop, you're a little further along than you think.

This free guide has four exercises, one for each turn of the spiral. Do them in order, or jump to whichever one your 3am brain needs most. Grab a pen. Scribbles welcome.

House rules

01 Go slowly. You don't need a five-year plan by Friday.

02 Looping back is allowed. Fine on Tuesday, flattened on Thursday is how spirals work.

03 Be kind to the person holding the pen. They've had a big week.

A quick, serious bit

This guide isn't therapy, or financial or legal advice. For questions about pay and entitlements in Australia, call the Fair Work Infoline on **13 13 94**. If things feel too heavy, call Lifeline on **13 11 14**, any time.

HOW THIS GUIDE WORKS

Four turns of the spiral

Most big changes follow a similar path. Not in a straight line, obviously. That would be far too convenient.

TURN 1 **Shock**	**The floor moves.** Numb, wired, teary or weirdly fine. Sometimes all four before lunch.	Exercise 01
TURN 2 **Spin**	**Round and round we go.** 3am what-ifs, replaying the meeting, wondering who you are without the job title.	Exercise 02
TURN 3 **Sort**	**Feet back on the ground.** Finding the parts of life that still bring joy, job or no job.	Exercise 03
TURN 4 **Climb**	**Up the spiral staircase.** Gathering a crew to climb with, so you are not doing this alone.	Exercise 04

You'll loop back. That's fine.

Landing back in Shock after a good week isn't starting again. Each loop is a little higher than the last, even when it doesn't feel like it.

TURN 1 · SHOCK EXERCISE 01

The first 48 hours

Shock does strange things. Some people cry in the car park. Some reorganise the pantry. Both are normal. This is first aid, not homework.

What happened, in one plain sentence:

_____

_____

Right now, my body is…

- ☐ Wired, like I've had six coffees
- ☐ Numb, a bit far away
- ☐ Not hungry, or very, very hungry
- ☐ Weirdly fine (that counts too)
- ☐ Exhausted, like I've run a marathon
- ☐ Teary at the slightest thing
- ☐ Tight in the chest, jaw or shoulders
- ☐ Something else: _____

What I need in the next 48 hours

Sleep, a walk, a mate, a very large toastie.

_____

_____

_____

_____

_____

_____

_____

What can wait

Permission granted.

Updating my LinkedIn

Telling everyone I've ever met

Deciding the rest of my life

_____

_____

_____

_____

_____

_____

Spin cycle

At 3am, your brain puts every thought on a heavy-duty spin. Pull them out one at a time and check which ones actually need a wash. Write the spiral story on the left and only what you know for sure on the right.

The spiral story	What I actually know
I'll never get another job. Everyone will think I failed.	*I've been hired before. My whole team was let go, not just me.*

"Redundant" describes a role, not a person.

The role went. You're still here, with every skill you walked in with, plus a few you picked up along the way.

TURN 3 · SORT EXERCISE 03

Your joy quadrants

Work was one source of good stuff. It was never the only one. Fill each quadrant with whatever lights you up, big or tiny. A really good coffee counts.

People

Who makes me laugh, feel safe, feel seen?

Play

What do I do just because it's fun?

Me

Purpose

What feels meaningful, paid or not?

Place

Where do I feel most like me?

Fullest quadrant	Emptiest quadrant	One tiny thing for the emptiest one this week

> **"You may encounter many defeats, but you must not be defeated."**
>
> MAYA ANGELOU, POET AND AUTHOR

TURN 4 · CLIMB EXERCISE 04

Assemble your crew

Nobody climbs out of a spiral solo. Put a name next to each role. One person can play a few parts, and the professional is a role, not a sign you've failed.

The listener	Lets me vent without trying to fix it	_____
The practical one	Good with spreadsheets, forms and CV fixes	_____
The connector	Knows people, and is happy to introduce me	_____
The cheerleader	Reminds me what I'm good at when I forget	_____
The professional	GP, psychologist, counsellor or my old workplace's EAP	_____

This week I'll reach out to... and I'll say...

_____

_____

READY FOR THE NEXT LOOP?

Want the whole spiral?

This free guide gets you through the shock and the spin. The full version of **Spiral bound** is 35 pages and takes you all the way up the staircase to what's next.

EVERYTHING IN THIS GUIDE, PLUS

- **Mood weather report**
  A six-week tracker, so you can see the storms passing.
- **Who am I without the lanyard?**
  Identity and a values sort for when the job title goes.
- **Spinning plates and your money runway**
  Today, this week, this month, and how many weeks you can cover.
- **You're a toolbox, not a tool**
  Your skills, with prompts to rewrite your CV and LinkedIn.
- **Three futures and small experiments**
  Plan A, B and a wildcard, with low-risk ways to test each one.
- **The 90-day spiral staircase**
  A step-by-step plan with 12 weekly check-ins.
- **Scripts for the awkward bits**
  Telling family, coffee chats, networking and interview nerves.

Get the full version · $9 →

anxiousasanything.com/spiral-bound

Come spiral with us.

Follow Anxious as Anything on Instagram for gentle reframes, quote posts and the occasional terrible pun.

@anxiousasanything →

Filled in your joy quadrants?

Share a photo in your stories and tag **@anxiousasanything**. Someone else in a spin might need the nudge.

WHEN IT'S MORE THAN A ROUGH PATCH

No puns here. Just people who pick up.

Losing a job can hit hard, for anyone. If things feel too heavy, please reach out. Your GP can also set up a mental health plan for subsidised sessions with a psychologist.

Lifeline Crisis support, 24/7, Australia	**13 11 14**
Beyond Blue Counselling by phone or chat, Australia	**1300 22 4636**
13YARN For Aboriginal and Torres Strait Islander people	**13 92 76**
Fair Work Infoline Pay, notice and redundancy entitlements	**13 13 94**
Anywhere else Your country's free helplines, verified	**findahelpline.com**

Want more? There are 270+ free podcasts, books, apps and helplines in the library.

anxiousasanything.com **@anxiousasanything**

© 2026 Anxious as Anything. Free to share with anyone who needs it. Please don't sell it.