

## **CHANGE ANXIETY FROM IMPOSSIBLE TO POSSIBLE**

- Millions of individuals are also struggling; you are **NOT** alone. Many experience sleeplessness, depression, panic attacks, racing thoughts, headaches, and other physical symptoms resulting from anxiety
- Anxiety comes in waves, and managing means learning coping tools and strategies to help surf those waves
- The techniques provided can be practiced for **10-20 minutes a day** can improve health, mood, and well-being:

### **Pumping the Breaks or Self Talk**

- Take a moment to stop, breathe, and roll with the thoughts or feelings. This allows for increased awareness about the thoughts and feelings to assist in managing.
- Identify the negative thoughts and feelings and challenge yourself as to why they are happening or what caused them.
- Challenge these thoughts by ensuring your safety, confidence, and reason for feeling this way. Follow this up with reassurance and ways to show the anxiety that everything is all right.

### **Acknowledging and Naming the Anxiety**

- Once you have understood what is occurring and why; give yourself credit and acknowledge what is happening.
- Make lists, sticky notes, or journal of what is causing the anxiety. This allows the anxious thoughts to be removed from your head and placed elsewhere. More space is allowed in the brain to focus on the task at hand.
- Provide a time each day when the anxiety can be named and removed, "worry time." This could be 30 minutes before bed, transitioning

to or from a task or routine, in the morning upon waking up, etc.

- Place the items from "worry time" in a "worry box" in which each item could be addressed individually, at a later time, or just a place to leave the worries.

### **Butterfly Hug**

- A weighted blanket or object can also be useful
- Cross arms around chest just below the collarbone with both feet planted.
- Alternate tapping the right and left hands

### **Mind-Body Focus and Exercise**

- Meditation, mindfulness activities, other calming techniques
- Exercise
- Deep Breathing and Grounding Exercises (54321 technique, categorizing {5 favorite movies, books, vacation places, sports teams, using grounding toys etc...})
- "Walking out the anxiety" and focusing on each foot hitting the ground to distract the brain from anxiousness

- Faith Base Steps may include reading your bible, prayer, fasting as a way to connect to God, or even listening to positive faith base music.

- Making a spiritual connection through activities may also help to minimize your anxiety such as medication, yoga etc...

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<https://ct.counseling.org/2017/05/living-with-anxiety/>