

A large, white speech bubble with a dark blue outline and a tail pointing downwards and to the right. The bubble has a slight shadow and is set against a light blue background.

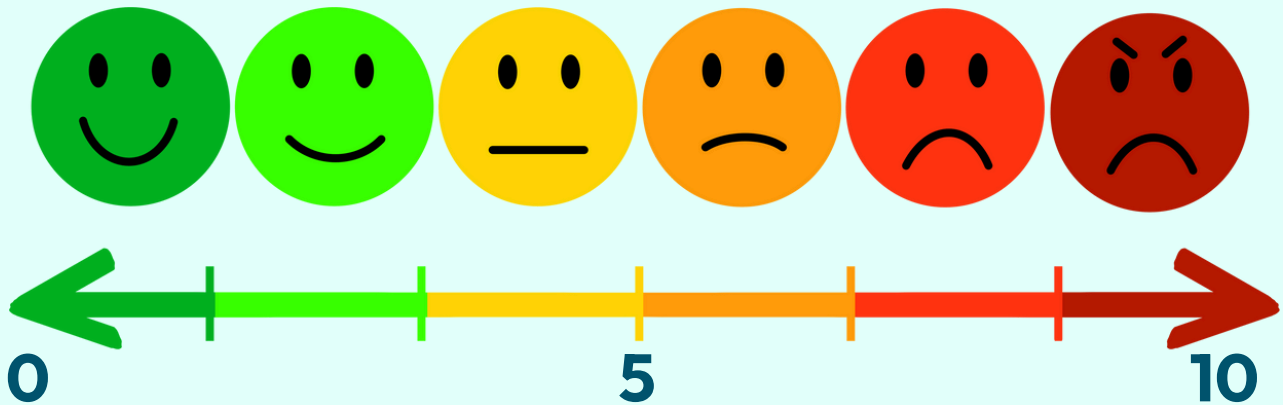
Techniques to
Manage
ANXIETY



Managing anxiety

1 - Use a rating scale 0-10

0 not anxious at all. 10 really anxious and feeling awful



2 - Draw what anxiety looks like

A large, empty white rounded rectangle intended for the user to draw what anxiety looks like.



Managing anxiety

3 - Name the anxious thoughts

A large, empty, rounded rectangular box for writing answers to question 3.

4 - Name the triggers

A large, empty, rounded rectangular box for writing answers to question 4.



Managing anxiety

5 - Notice the anxiety in your body - write them down

Blank space for writing down noticed anxiety symptoms.

6 - What has happened when you've recognised anxiety - what has it been about?

Blank space for writing down what happened when anxiety was recognized.



Managing anxiety

7 - What do you do to manage the anxiety now? Include what happens in your head.

Blank space for writing the answer to question 7.

8 - What do you avoid because of anxiety?

Blank space for writing the answer to question 8.



Managing anxiety

9 - List how anxious you would feel if you were asked not to avoid these things - rate them.

A large, empty white rounded rectangle intended for writing answers to question 9.

10 - Breaking the anxiety cycle

Trigger - Feeling - compulsion = temporary relief.

To change the cycle the compulsion needs to be taken out.

Trigger - feeling. STOP.

What is the compulsion now? How do you avoid, what do you do? Run? Hide? Count? It's these things that need changing.

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Managing anxiety

11 - Check the facts: How many times have you been to the “frightening” place and nothing has happened?



Notes

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