

The Plan





The Plan

How are you going to manage the anxiety if it happens - write out the event and then think about how you will manage it. So you are in the dinner line, you get to the front and the items you planned on choosing are no longer available.

Imagine this happening and you managing it without feeling anxious- what does this look like? What does this feel like? What do you do instead?





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What's the worst that can happen?

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What options do you have? - what can you say instead, what else might you choose?

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How would you feel if this happened in real life?

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What could you do in that moment to get your anxiety in check to stop it spilling over? Deep breath, in through nose, out through mouth. Gather thoughts and remember your plan.

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What would you do if you do become overwhelmed and you feel the panic rising?

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Where would you go, what would you do if you needed to step away from the situation?

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Practice

Practice! This might sound awful. But you need to practice managing the anxiety and difficult feelings. Build up the evidence that you **CAN** manage these feelings! Doing these uncomfortable things and exposing yourself to these difficult feelings will (and this is a promise) become easier! Rate the anxiety after every practice and notice it coming down.





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Make a plan of your practice tasks for the week

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Write down or talk about what you have learned from this practice session





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Anxiety can be sneaky and change from one thing to another so let's keep a check on it and recognise if it has jumped to something else.





Techniques to help you manage anxiety

- Breathing techniques
- Exercise - walking or something more strenuous
- Mindfulness techniques - guided meditation
- Reading
- Podcasts
- Audio books
- Bath
- Relaxation
- Talk to someone you trust
- Keep a diary

Which ones will you try?



Notes



Notes

