

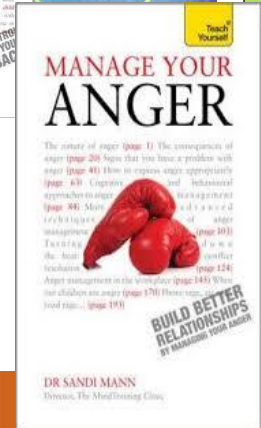
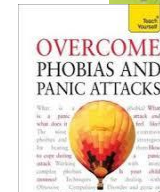
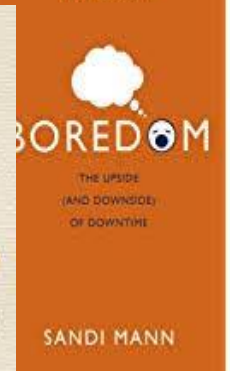
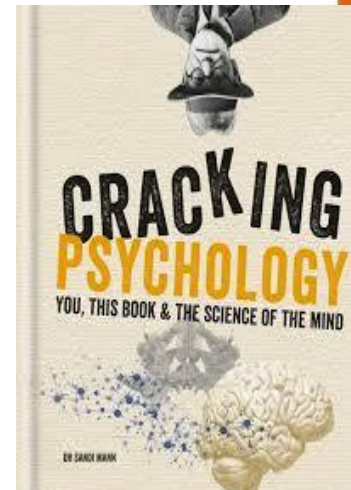
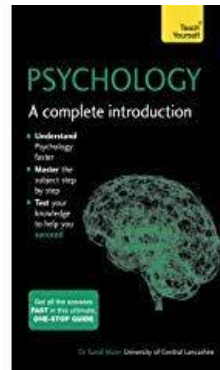
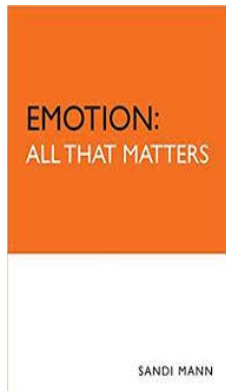


# **Coping with anxiety**

**Dr Sandi Mann**

# About Me

- Chartered psychologist, accredited CBT and EMDR therapist.
- Chair of JAMH
- Clinical Lead for Sparta Health
- Director of the MindTraining Clinic  
[www.mindtrainingclinic.com](http://www.mindtrainingclinic.com)
- University Lecturer Clinical Psychology
- Author of over 20 psychology books



- **Anxiety is something everyone experiences at times, and feeling anxious is a perfectly natural reaction to some situations.**
- **But sometimes feelings of anxiety can be constant, overwhelming or out of proportion to the situation and this can affect your daily life.**

# Types of anxiety conditions

- **GAD**
- **Panic Attacks**
- **OCD**
- **Phobias**
- **Social anxiety**
- **Health anxiety**

# Life-events related anxiety

- **Adverse life events**
- **Menopause**
- **Judgement-related events (eg job interviews, work appraisal)**
- **Overload anxieties (too much to do).**
- **Finances**
- **Career, future, redundancy, retirement**

# Strategies to deal with anxiety



# 1. Shift your focus

- **Some people find relaxation, mindfulness or breathing exercises helpful. They reduce tension and focus our awareness on the present moment.**



# Breathing exercise

- **How many breaths in one minute?**





# Box breathing

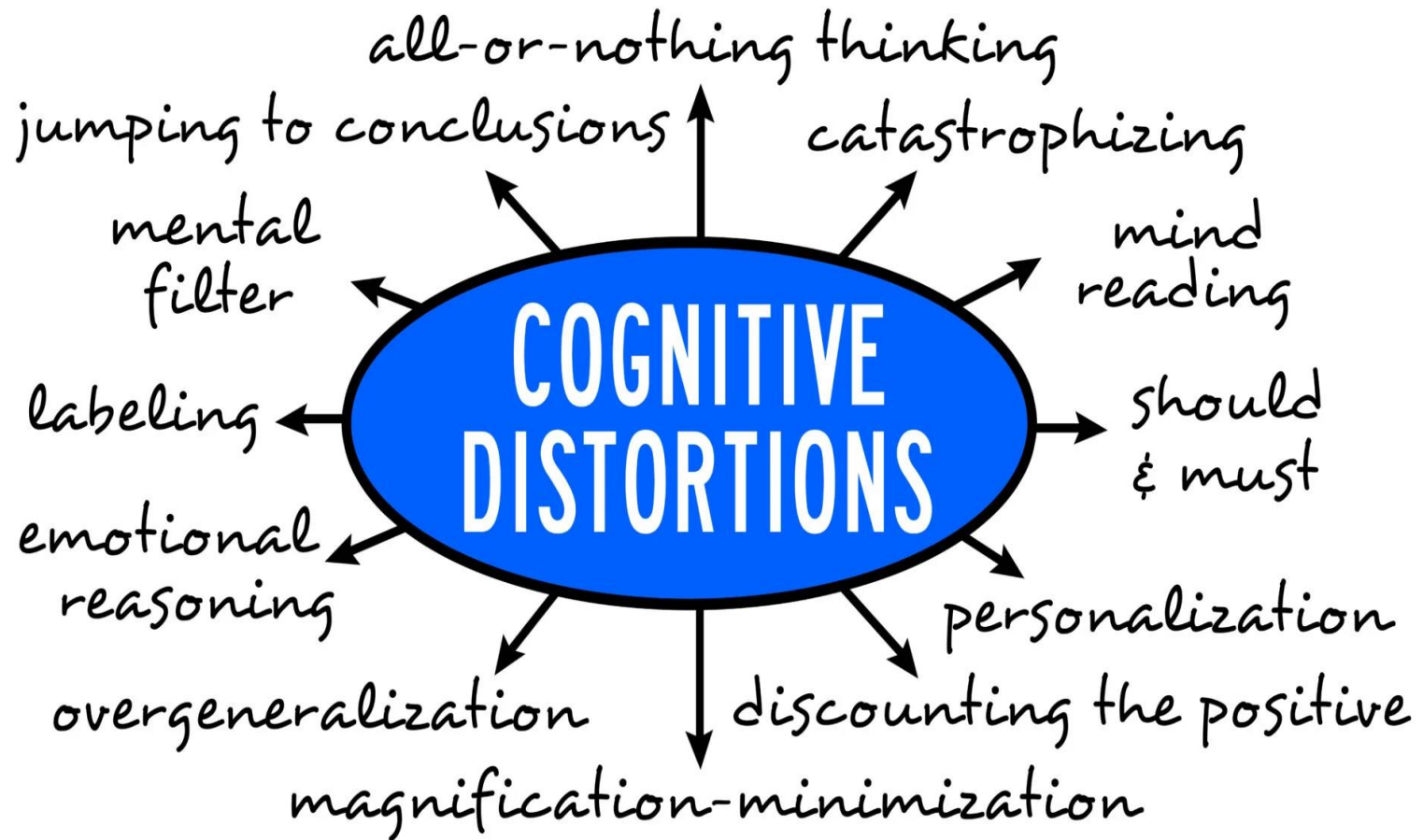


## **2. Understand your anxiety**

- Try keeping a diary of what you are doing and how you feel at different times to help identify what's affecting you and what you need to take action on.**

# 3. Reframing unhelpful thoughts

- **The cycle of unhelpful thoughts**
- **Catch it, check it, change it**



# CHALLENGE AUTOMATIC NEGATIVE THOUGHTS WORKSHEET

## 1 RECOGNIZE & ISOLATE THOUGHT

Building awareness allows you an opportunity to challenge and refute those negative thoughts



1. Stop and pause for a moment, recognize what you are thinking isn't quite right
2. Pay attention to your body and emotions
3. Isolate and focus on the irrational thought and try to separate it from who you are
4. Think about what you are thinking about by having an external view of your thought

## 2 WRITE DOWN YOUR THOUGHT

Focus and think about what the thought is really about and write it out. After writing, you will feel a sense of relief that your mind has been emptied.

## 3 DISTRESS LEVEL

Identify the distress level (0-10):  
0 = Calm 10 = Extreme

## 4 DISTORTION TYPE

Identify the cognitive distortion:  
(Refer to list of cognitive distortions)

## 5 CHALLENGE & REFRAME THOUGHT

Challenge the cognitive distortion by evaluating evidence, focusing on positives, and avoid thinking in extremes (Refer to list of challenges):

1. Challenge & refute negative thoughts
2. Modify language and internal dialogue
3. Replace negative distortions with positive healthy thoughts
4. Write down the more reasonable reframed thought



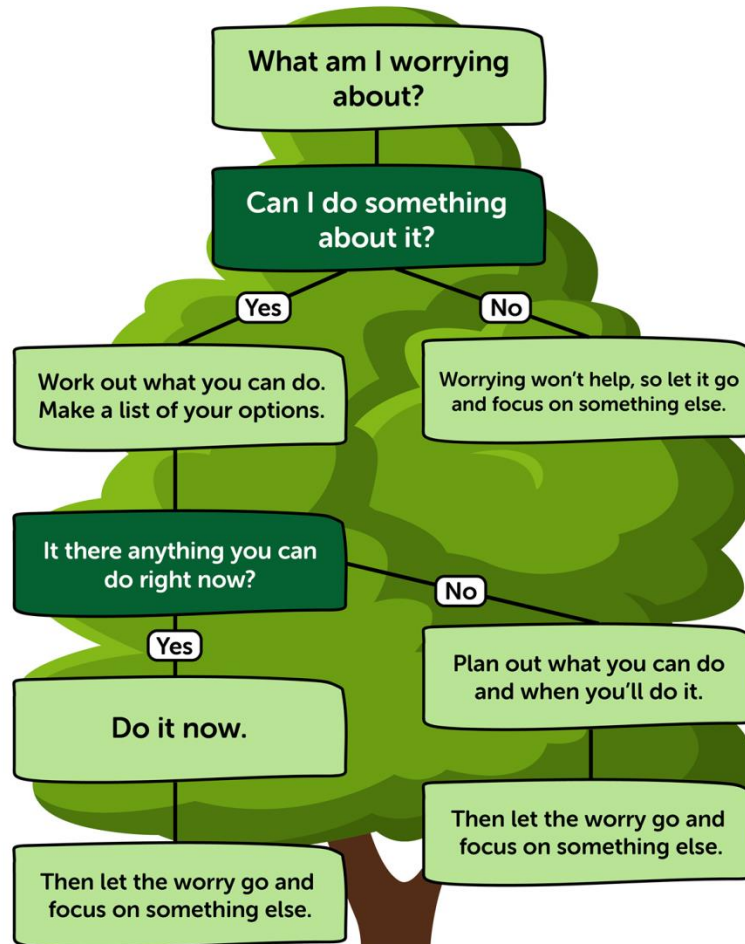
## 6 REEVALUATE DISTRESS LEVEL

Reevaluate the distress level (0-10) and compare it to step 3. If the distress level has not decreased, consider repeating the exercise again.

## 4. Tackling your worries

- **Write them down**
- **Set aside 'worry time'**
- **Do not dwell during the day**
- **Use the 'worry tree'**
- **Make a plan – and carry it out**
- **Accept the worries you cannot control and move on**

# The Worry Tree







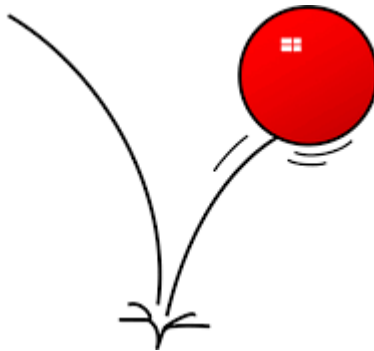
## 5. Problem solving

- **Tackle problems with possible solutions first**
- **Set aside time to work through solvable problems**
- **Make a plan**
- **Give journaling a go**



## 6. Bouncing back from life's challenges

- **Start with what you're good at**
  - **Think about difficulties you have overcome**
  - **See how you can apply this elsewhere**



# 7. Facing your fears

- **Break down and rate fearful situations**
- **Start with the easiest**
- **Allow yourself to feel the fear**
- **Work your way up – but don't rush**



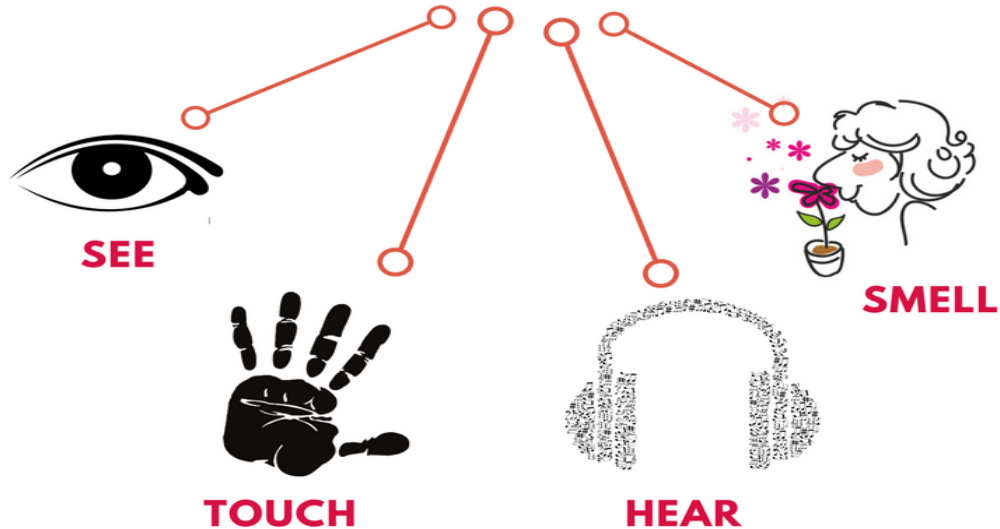
# SIMPLE GROUNDING EXERCISE

FOR REDUCING STRESS & ANXIETY

Identify and name

4

things that you can



This grounding exercise assists you to stay in the present moment when you are feeling intense stress, anxiety or other overwhelming emotions. Bringing the focus away from thoughts into your physical experience helps in feeling safe and in-control.