



ANXIETY

Thoughts

- Something bad is going to happen
- I won't be able to cope

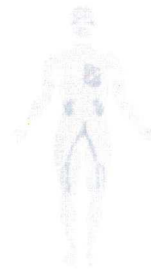


Body reaction

Adrenaline response – Body's alarm system - Energised for fight or flight. Blood is diverted to the big muscles to help us escape or fight the threat, and blood is therefore taken away from other body systems.

You might notice in your body:

- Heart rate increases
- Breathing speeds up, breathless, choking feeling
- Muscles tense, aching, shaking
- Hot, Sweating
- Lightheaded, Blurred vision
- Butterflies in tummy, urge to go to toilet
- More alert – scanning for danger



Thinking differently

- Is this threat a real one or is it really bound to happen?
- Am I exaggerating the threat? Am I misreading things?
- I feel bad, but that doesn't mean things really are so bad.
- What would someone else say about this?
- What would I say to a friend in this situation?
- What would be a more helpful way of looking at things?
- Where's my focus of attention?
- I can cope with these feelings, I've got through it before. This will pass.



Doing differently

- Take a breath
- How will doing this affect me in the long term?
- Don't avoid situations – go anyway.
- Problem solve or make plans if necessary.
- Take things slowly or gradually.
- Focus attention outside of me – external rather than internal focus.
- What's the best thing to do?
- What would help most?



Imagine...

Imagine yourself coping in a situation that you feel anxious about. See the situation through to a successful completion.



Visualise blue for calm. Breathe in blue and breathe out red.

STOPP

Stop

Don't act immediately. Wait.



Take a Breath

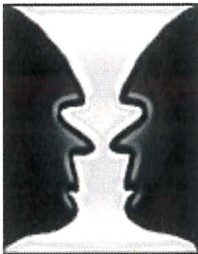
Slowly breathe in and out a couple of times.

Observe

What am I thinking about?
What am I focusing on?
What am I reacting to?
What am I feeling in my body?



Pull Back



Zoom out!
See the bigger picture.
Is this fact or opinion?
Is there another way of looking at this?
What would someone else say about it?
How does this affect others?
What advice would I give a friend in this situation?
How important is this situation right now?

Practise what works

Consider the consequences.
What's the BEST thing to do?
Do what will help most!



STOPP

TAKE A BREATH

OBSERVE: What am I thinking?
What am I reacting to?
What am I feeling in my body?

PULL BACK: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

PRACTISE WHAT WORKS: What's the best thing to do for me, for others, for this situation?



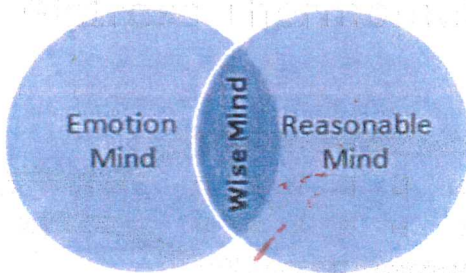
FACT

Evidence based
Undisputed
Driven by rational
Thought
Head

OR

OPINION

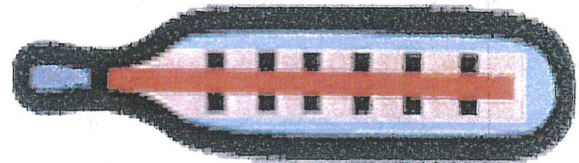
Based on belief or
personal view
Arguable
Driven by emotion
Heart



STOPP! Breathe. What does Wise Mind make of this? What's the bigger picture? Fact or opinion? What's the best thing to do?

Distress Thermometer

0 1 2 3 4 5 6 7 8 9 10



No distress

Moderate
distress

Extreme
distress

SELF

What am I
reacting to?
What does this
situation mean
to me?

OTHERS

What would
this look like
to others
involved?

SITUATION

STOPP!
Take a Breath
What's the bigger picture?

OUTSIDER

How would
this seem to
someone
outside the
situation - not
emotionally
involved?

WISE MIND

What would be
the best thing to
do - for me, for
others, for this
situation?

It is as it is

- ❖ Is this fact or opinion?
- ❖ These are just thoughts and sensations
- ❖ This is a normal body reaction
- ❖ I've got through before, I can do it again
- ❖ It will pass



Positive Steps to Wellbeing

Be kind to yourself

Exercise regularly

Hobbies/new skill

Have fun / be creative

Help others

Rest & relaxation

Eat healthily

Balance sleep

Connect with others

Beware alcohol/drugs

See the bigger picture

It is as it is

