

Experiencing Anxiety

Anxiety is the body's response to situations that are interpreted as threatening. Without any anxiety, you would probably make bad decisions, such as driving too fast on the highway or not paying your bills. However, too much anxiety can lead to avoidance or unpleasant physical, emotional, and cognitive symptoms.

What are three things that trigger your anxiety?

- 1.
- 2.
- 3.

What are three physical symptoms that you experience when you feel anxious?

- 1.
- 2.
- 3.

What are three thoughts you tend to have when you feel anxious?

- 1.
- 2.
- 3.

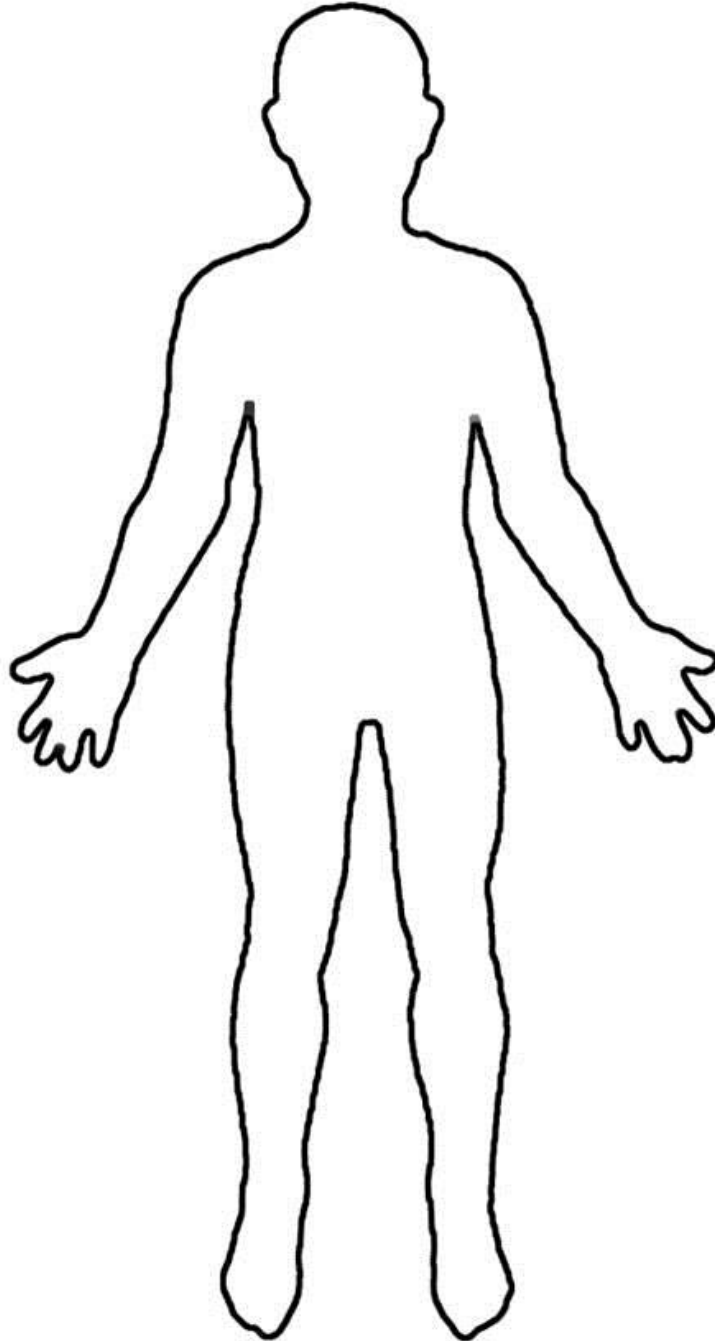
What are three things that you do that help you cope effectively when feeling anxious?

- 1.
- 2.
- 3.

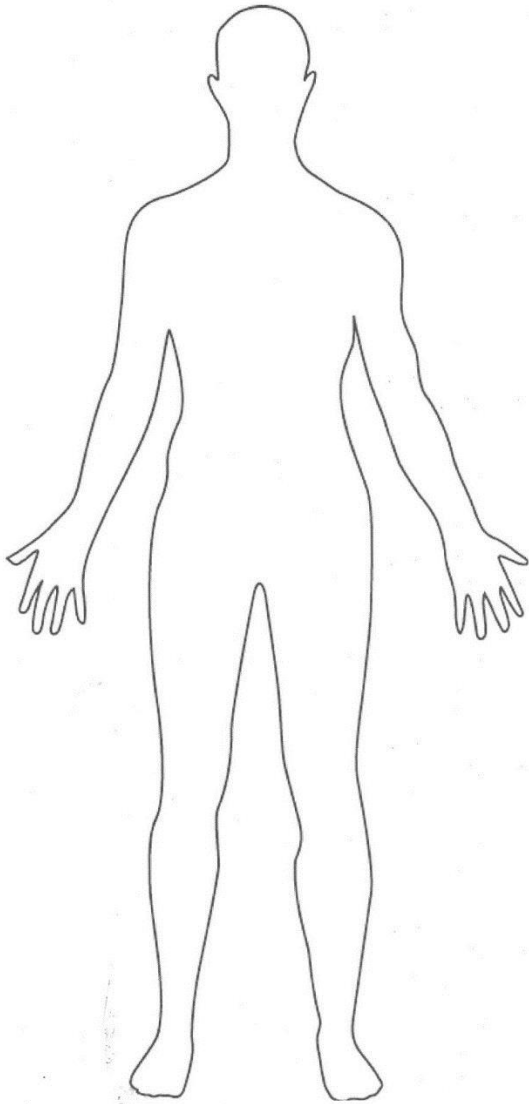
Adapted from TherapistAid.com

Physical Symptoms

Think about the ways you experience anxiety. In the picture below, make notes or marks on the parts of the body where you feel anxiety symptoms. Use different colors, textures, lines, or shading to help you express your feelings more precisely.



Progressive Muscle Relaxation



Adapted from *Helping Students Overcome Depression and Anxiety* by Kenneth W. Merrell

HANDS & ARMS Make a tight fist with your hands (*pause*). Now tense your arms. Hold them very tight (*pause*). Notice how strained the muscles in your hand and arms feel (*pause*). Now, slowly open your hands and relax your arm muscles (*pause*). Notice how much more comfortable and relaxed your muscles are now.

SHOULDERS, NECK & BACK Pull up your shoulders toward your neck as high as you can (*pause*). Make your shoulder, neck and back muscles go as tight as you can (*pause*). Hold those muscles very tight (*pause*). Now slowly let out a deep breath and let your shoulders drop down, and let the muscles in your shoulder, neck and back relax all the way (*pause*). Notice how those muscles are relaxed and comfortable.

FACE & HEAD Lift your eyebrows (*pause*). Squint your eyes as tightly as you can (*pause*). Clench your teeth (*pause*). Wrinkle your forehead (*pause*). Do you feel the tension? Hold it there (*pause*). Now breathe out very slowly and feel the difference as you relax all of the muscles in your face and head (*pause*). Notice how relaxed those muscles are now.

MOUTH & JAW Breathe in and make a tight forced smile with your mouth (*pause*). Pull your lips hard against your teeth (*pause*). Your lips and cheeks and jaw should feel very tight. Hold it (*pause*). Now slowly let your breath out and relax the muscles on each side of your mouth (*pause*). Say to yourself, "Relax and let go" (*pause*). Notice how relaxed your mouth and jaw are now.

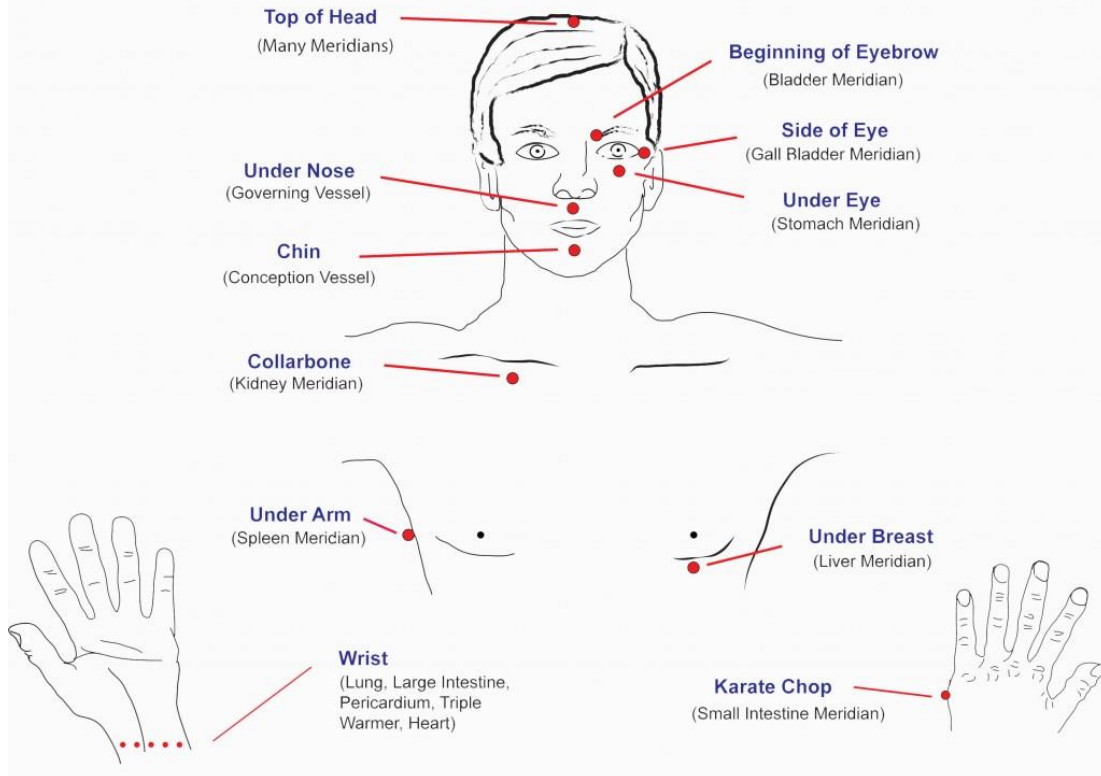
CHEST & STOMACH Take a deep breath and hold it. Pull your stomach muscles up tight (*pause*). Tighten your chest and main body as much as you can (*pause*). Hold it. Keep it tight, tight, tight. Hold it some more. Now relax (*pause*). Breathe out, and let yourself breathe normally (*pause*). Relax all of those muscles (*pause*). Notice your deep, relaxed breathing and how smooth and calm it feels.

LEGS & FEET Lift your legs and bend your toes towards your knees (*pause*). Tighten your calves as much as you can (*pause*). Now press your toes against the floor. Tighten your feet. Turn them up and toward your head (*pause*). Hold your legs and feet as tight as you can (*pause*). Now relax. Let all of the tension in your body go out through the tips of your toes (*pause*). Every bit of tension and energy is leaving your body through your toes (*pause*). Breathe out a slow, deep breath. You are totally relaxed now. Imagine the sun shining on your totally relaxed body (*pause*). You are totally relaxed and don't have any worries.

EFT Basic Recipe

Wellness At Your Fingertips®

EFT Tapping Points



1. Develop reminder phrase (ex: I'm scared about the test tomorrow.)
2. Identify intensity on a level of 0-10 in order to track progress.
3. While tapping all 10 points, verbalize, "Even though *insert reminder phrase*, I deeply and profoundly accept myself."
4. Repeat reminder phrase while going through all through 10 points.
5. Reassess how intense the emotion is. (Typically decrease 2 points each time basic recipe is performed).
6. Repeat as necessary to continue decreasing intensity level.

Sensory Grounding Exercise

54321 Technique

Name **5** things you can see in the room with you.

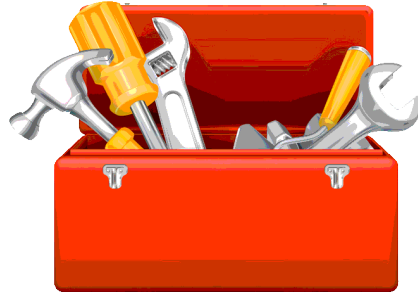
Name **4** things you can feel (“chair on my back” or “feet on floor”)

Name **3** things you can hear right now (“fingers tapping on keyboard” or “tv”)

Name **2** things you can smell right now (or, 2 things you like the smell of)

Name **1** good thing about yourself.

My Anxiety Toolbox



Physical Exercises to Relieve Tension:

Relaxing Activities I Can Do:

Mindfulness Exercises I Can Use:

Safe & Relaxing Places I Can Go:

Rational Counterstatements I Can Say:

Safe People I Can Talk To: