

Calming the Storm- Anxiety Management

Group 6 Changing Our Thinking Will Change our Feelings and Behaviors

What have we learned this far?

1. Types of Anxiety
2. The Anxiety Profile

Physical Reactions	Thoughts
Behaviors	Feelings/Moods

3. Causes of Anxiety – where does it come from?
4. Our personal level and intensity of anxiety

Now we are ready to move on to learning how to MANAGE anxiety

To MANAGE anxiety, we start FIRST with our thoughts – what we are thinking.

- Remember, thoughts affect how we feel

Thoughts that cause anxiety are thoughts that we are

- in DANGER!
- Being THREATENED!
- We are FULNERABLE!

There are different types of “threats”

- ❖ Physical Threat – you believe that you will be physically hurt (hit, robbed, snake bite, etc.
- ❖ Social Threat – you believe that you will be judged, embarrassed, humiliated, or put down.

- ❖ Mental Threat – you believe that you are going “crazy” or losing your mind.

The perception of THREAT varies from person to person.

Perception is determined by:

- How you were raised (safe or unsafe home)
- How you were taught to deal with stress
- How you see the world (good or bad)

Now, let’s identify one of your fears again and look at what kind of THOUGHTS go through your head!

Example:

What is the SITUATION? Who? What? Where? When?	HOW ARE YOU FEELING? What did you feel? How strong was your feeling?	What thoughts pop into your head? Specific thoughts. Images?
Your facilitator asks you to share your thoughts.	Intense shyness. Intense fear.	I wish I weren’t here today. I’m going to say something stupid. Everything I say will be all over Facebook. I’m going to faint

Now, Let's practice identifying our thoughts associated with feeling anxious.

<p>What is the SITUATION? Who? What? Where? When?</p>	<p>HOW ARE YOU FEELING? What did you feel? How strong was your feeling?</p>	<p>What thoughts pop into your head? Specific thoughts. Images?</p>

