

## **Calming the Storm – Anxiety Management**

### **Group 7 How to Handle Anxiety**

If we want to manage anxiety and overcome it – we need to take control of our THINKING.

#### **Skills to Develop: Explain each of these**

- **Distraction**
  - Physical exercise
  - Music
  - Some other activity
  - Thought Stopping
  
- **Relaxation Techniques**
  
- **Deal with AVOIDANCE**
  
- **Systematic Desensitization**

#### **Way to Use skills:**

1. Mental Practice (imagining)
2. Graduated real life practice with support

**PRACTICE – PRACTICE- PRACTICE !!!!!!!**