

0Calming 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:

- 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