

TRAINING

ADDRESSING ANXIETY

2021





OBJECTIVES

- What is anxiety?
- Developing effective coping strategies
- In-the-moment techniques
- Discussion and Q&A



Learn how to recognize and manage anxiety to actively combat the physical and mental effects in a practical way.



**A QUESTION
TO
CONSIDER...**

Is anxiety normal?

Yes or no?

WHAT IS ANXIETY?



- Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.
- Anxiety is a normal part of life.
- It becomes a problem when people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily lives.



WORRY OR ANXIETY?

- Worry occurs when we find ourselves dwelling on negative thoughts or things that could go wrong.
- It is all about our cognitive response and can help us to problem solve.
- It becomes an issue when we get stuck in a worry rut where it can lead to stress and anxiety.



WORRY?

- Resides in our minds
- Is specific
- Grounded in reality
- Temporary
- Doesn't impair functioning

ANXIETY?

- Affects body and mind
- Is generalized
- Marked by catastrophic thinking
- Longstanding
- Impairs functioning



DEALING WITH WORRY

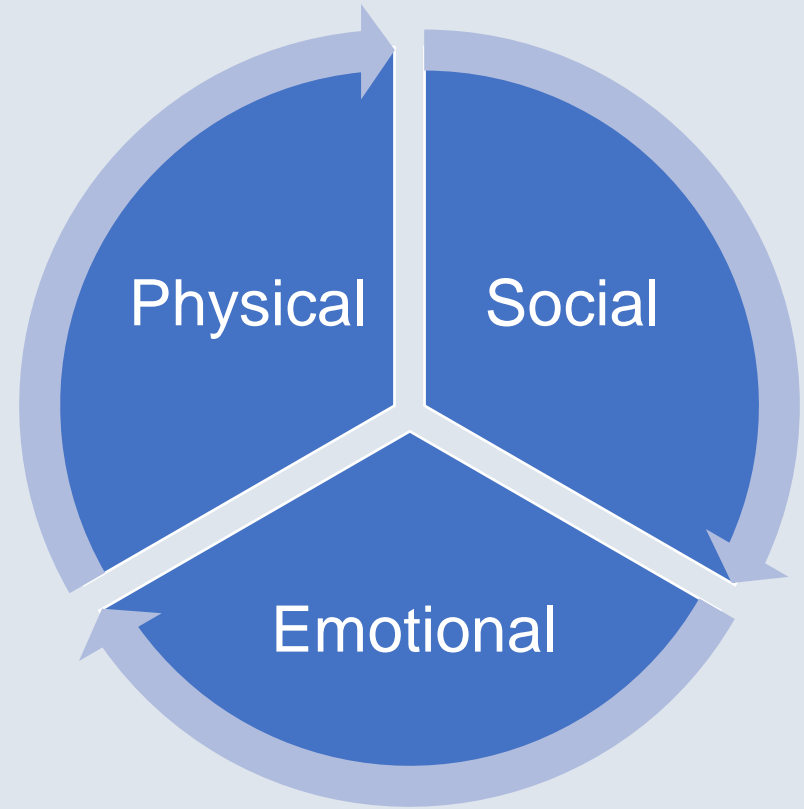
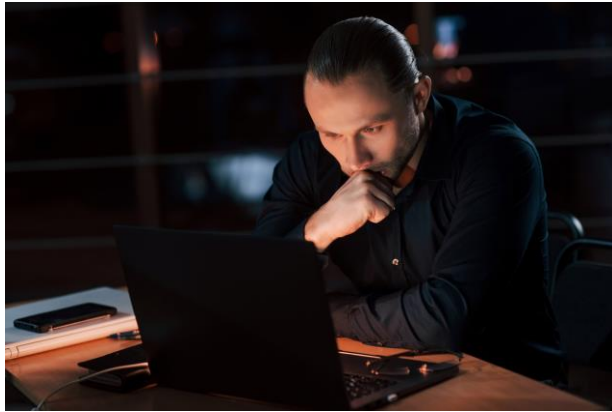
A person in a dark suit and white shirt is shown from the chest up, looking down with a thoughtful expression. Their hands are clasped together in front of them. The background is a dark, solid color.

Set a limit

Create an
action

Document your
worries

COPING STRATEGIES FOR ANXIETY



EMOTIONAL



- Practicing mindfulness
- Recognizing triggers
- Staying positive
- Practicing acceptance

PHYSICAL



- Eating well
- Exercising
- Sleeping
- Practicing breathing exercises

SOCIAL



- Laughing
- Talking
- Getting involved
- Supporting others

STAY IN YOUR TIME ZONE



- Anxiety is a future-oriented state of mind. Ask yourself: What's happening right now? Am I safe? Is there something I need to do right now?
- If not, schedule to check in later in the day to revisit your worries.



RELABEL



- What are you telling yourself about what is happening?
- How can you label it differently?



IMMEDIATE COPING TECHNIQUES

IN-THE-MOMENT STRATEGIES

Breathe

3-3-3

Hydrate

Move

Laugh

THANK YOU

