

Hello everyone and thank you so much for taking the opportunity to review this training. My name is Ashley Ginoba. Today, we will be discussing the topic of anxiety and strategies to address feelings of anxiety.

So, let's go. Today, our objectives are to define what is anxiety, develop effective coping strategies, and identify in the moment techniques. It is my hope that this training will assist you to learn how to recognize and manage anxiety and be able to actively combat the physical and mental effects in a practical way.

I have a question for you. Is anxiety normal? Yes or no. I guess in order to determine if it is normal, we should first make sure we have an understanding of anxiety.

So, Anxiety, what is it anyway? Anxiety is a feeling of unease or lack of ease, such as worry or fear. It can be experienced as mild or severe. It's good to know that anxiety is a normal part of life. I believe most individuals experience some level of anxiety or nervousness at some point in life. However, depending on our resiliencies and coping strategies, this anxiety may be decreased or completely alleviated. However, often, anxiety becomes a problem or elevates to clinical anxiety. When we find it hard to control our worries in such cases our feelings of anxiety are more constant and could often affect our daily lives.

We've reviewed the definition of anxiety. What is the difference between worry and anxiety? I'm glad you asked. Sometimes they look very similar and often accompany one another. 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. However, it too becomes an issue when we get stuck in a worry rut where it can lead to stress and anxiety.

So, next, let's take a look at the chart examined the differences between the two. Worry. So, worry tends to reside in our minds. It is very specific about a thing, a person, action. It's grounded in somewhat of a reality. It's usually related to something that we are experiencing or have experienced or anticipate. It's temporary; it comes and goes, depending on our thoughts. It doesn't necessarily impair our functioning anxiety. On the other hand, it affects our body and our mind. It's generalized, so it may start off with one topic, but it may vary in multiple different areas of life. It can be

generalized, not necessarily specific to one thing. It's often marked by catastrophic thinking. So, extreme thinking, the worst-case scenario, and it could be long standing, it can linger with us minutes, hours, days, depending on what tools we have to interrupt this thinking, and it can eventually impair our functioning.

So, dealing with worry. Here are a couple of tips to overcome feelings of worry. It's important to set a limit for ourselves. Specify an amount of time in which you allow yourself to worry about a problem. I recommend you start with something brief like twenty minutes, and when that time is up, consciously redirecting your thoughts. This is a great strategy.

Create an action plan. When you find yourself worrying about something, push yourself to come up with a different step or take action. So often we get caught up in the cycle of worrying about something versus redirecting our thoughts to what we are able to do despite the adversity. And document your worries. Research has shown that just eight to ten minutes of writing a day can help calm obsessive thoughts. It helps you to track common worries and notice when they are becoming excessive.

Journal writing is a very popular coping strategy and opportunity to give your thoughts a place to go rather than allowing them to ruminate in our minds. Giving our thoughts a place to go validates our feelings and helps create a free space in our mind to redirect our thoughts to a plan of actions to overcome feelings of worry. I have found that some individuals don't necessarily like to write their thoughts down. However, they've gotten a similar result or effect by verbalizing their thoughts aloud while in solitude. So, giving the thoughts a place to go, but not necessarily having to look at them. And it's important to remember that worry is only helpful if it leads to change, not if it turns into obsessive thoughts.

So, next, let's talk about some coping strategies for anxiety. Did you know that when it comes to coping with anxiety there are physical, emotional, and social factors to consider?

So, some things to think about here are mindfulness, recognizing triggers, staying positive, practicing acceptance. Mindfulness is actually becoming more and more common. Often, we think of mindfulness, and when we think of mindfulness, we may think of the origin of Buddhism and meditation. However, it is becoming a more common practice and utilized

around the world by individuals with different areas of life. The goal of mindfulness techniques is to achieve a state of alertness to our present moment and to promote focus and relaxation. That's accomplished by deliberately paying attention to emotions and sensations. Free of all judgement, to enable the mind to be able to refocus on the present moment. All mindful techniques are actually forms of meditation.

Next, let's talk about the physical, practical steps we can do to take care of our bodies, such as eating well, exercising, sleep, getting proper sleep, and using different breathing exercises.

And, of course, let's look at the social side of things. Laughter, talking, getting involved, and supporting others. So, often, when we go through anxiety, we may be tempted to isolate and not lean on our support. However, our social supports can actually be a strength. When it comes to sustaining our recovery over anxiety, I recommend that you do not underestimate the benefits of laughter. I believe it's the best medicine or at least one of the best medicines, and it's definitely one of the most affordable ones. Also, talking to others, getting involved in the community, or volunteering is a great way to decrease our own worries about our adversities and allow us the opportunity to help others overcome their adversity.

Alright, so, have you ever noticed that anxiety is future oriented or sometimes ruminating about the past? It is, you know, it's less often that it's actually about your present moment, which is why the mindfulness techniques I mentioned are great interventions to counter anxiety.

It's so important that we stay in our zone, per se. Have you ever asked yourself: What is happening right now? Am I safe right now? Is there something I need to do right now? If not, things don't fall into that category.

It's important to schedule. Plan to check in with yourself later in the day to revisit those worries so that we can stay present in the moment.

So, have you ever heard the saying perception is reality? Well, I believe it's true. We tend to react to our perceptions of a situation, and the technique of relabeling allows us to change our emotional reaction and to learn how to respond.

I'm wondering, have you ever asked yourself, or what, per se, are you telling yourself about what is happening?

And how can you label it differently? Looking at the situation from a different perspective also helps us to decrease the emotional impact of the worries and that catastrophic thinking we're thinking about and helping us to see things in a more practical way.

Before we close, I'd like to inform you or remind you of strategies that you can use in the moment when facing anxiety. Many of them are self-explanatory. But what is the 3, 3, 3?

So, we know what breathing looks like, of course. Hydrating involves, you know, taking in water and proper nutrients. Laughter is something that we can all do, whether it's interacting with others or through watching funny clips on the internet or our favorite movie and moving around. That can definitely be an opportunity to release some of the negative energy that stores up when we find ourselves worrying.

So, they're self-explanatory. But what about the 3, 3, 3, technique? Well, it's a quick technique that you can take wherever you go to assist you to mentally focus back on your present moment. For example, when you find yourself feeling anxious, or just really stressed, look around. Name three things that you can see. Then name three sounds that you can hear, and finally move three parts of your body, your ankles, your fingers, your arms, whichever parts you prefer. Whenever you feel your brain going 100 miles per hour this is a quick trick. We're really just tapping into our different senses to help us, to center our mind, bringing it back to the present moment.

Well, that's our time for the day. Again, I do thank you so much for taking the time to review this brief training.