

Anxiety Coping Resources

Ted Talks:

Thandie Newton: Embracing Otherness, Embracing Myself

Susan Cain: The Power of Introverts

Matthieu Ricard: The Habits of Happiness

Alan Watkins: B.R.E.A.T.H.E

Andy Puddicombe: All it takes is 10 mindful minutes

Free Phone Apps:



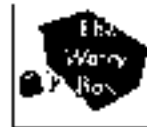
Mindshift



Pacifica



Calm



Worry Box



Panic? Panic Attacks?



CBI Diary



DBT Thought Record



Stop breathe & Think

Websites/Worksheets:

www.anxietybc.com (Self-Help)

<http://www.cci.health.wa.gov.au/> (workbooks)

Therapist Assisted Online Therapy (TAO): <http://caps.sdes.ucf.edu/tao>

Stress Management Techniques

The following techniques are useful to managing stress levels. In developing an action plan, individuals will find these vary in their appeal and in their relevance to personal situations. Try to choose those which would be useful and of interest to you.

LARGE MUSCLE ACTIVITY: Stress prepares the body to move so take action to reduce the stress. Take a walk inside or outside, exercise, stretch, do isometric exercises, engage in smaller muscle activity such as wiggling your toes, doodling, use a hand-spring.

USE THE ONION: Remember anger is a cover-up of painful feelings. When you're angry, rather than explode, intervene to bring the stress down and then look for the pain and hurt underneath. When someone is angry with you, remember the onion. Rather than becoming defensive and counterattacking, look for their pain and hurt, listen and empathize.

TALK TO OTHERS: Identify a family member, friend or colleague who will listen to you and understand. Talk with them. Don't just find someone who will agree with your point or collude in putting others down. This only reinforces your stress.

SLOW DOWN: Society tends to emphasize that speed equals efficiency. However, research shows accuracy and enjoyment drop with increased speed. Speed gets the goal accomplished but the cost is less enjoyment, poorer quality and increased stress. Slowing down increases performance, quality and enjoyment while reducing stress.

MUSCLE RELAXATION: Learn relaxation skills such as progressive relaxation, yoga, massage, biofeedback, meditation, self-hypnosis. Practice the skill so you'll have it available in times of stress.

SEEK PLEASURABLE GOOD-IES: Find out what hobbies and activities you enjoy. Engage in them, especially during stress times.

CHANGE YOUR ATTITUDE: Recognize when you're catastrophizing and focusing on the negative. Try to be more positive. Check to see if you have control over the situation. If you don't, accepting the situation as it is can reduce the stress. Be more realistic in self-talk. Learn to tolerate and to forgive yourself & others.

TAKE CARE OF YOURSELF: Most of us are uncomfortable when we think of caring for ourselves, but we wouldn't think of neglecting our jobs. Thus, in times of stress we frequently forget ourselves and plunge into the job when we need self-care most. Take time for yourself -- instead of socializing on a break, spend time alone. Schedule the time -- others won't just give it.

SEEK SOLITUDE: This is especially important if your life involves considerable contact with people. Time alone to reflect, evaluate, set priorities, contemplate and fantasize is important. Take lunch alone, seek solitude early in the morning, late at night, when traveling to and from school/work.

DO A ME-ACT: Me-acts are mini-vacations with two requirements -- do it alone and have no specific goals. Learn to loaf, browse, play, wander. Balance me-acts with

social releases.

ATTEND TO HEALTH AND NUTRITION: Get exercise, eat well. Avoid the less healthy coping mechanisms (tobacco, alcohol, food, caffeine, sugar, drugs)

MINIMIZE COMPETITION: Assess if you work in a competitive environment. Do you compete with others? With your own high goals and standards? If you are unable to reduce the competition, try to live non-competitively in other areas in your life.

IDENTIFY PERSONAL STRENGTHS: In a time of low stress, identify your strengths. Use this list to help you through high stress. Make up a trait list. Become less dependent on others for approval or disapproval. Learn ways to change and renew yourself.

RE-ASSESS CODE OF BEHAVIOR: Decide if you're trying to be the ideal staff, friend, family member. Recognize what the ideal is and that this is probably impossible. Develop a new behavior code. Set realistic limits so you don't fear failure. Instead of trying to get along well with everyone, to never have problems or needs for others, to never be vulnerable, stressed, or angry, try to take time for yourself, to communicate, to consider the other person's viewpoint. Learn to be honest, and that you don't have to be perfect.

DIVERSIFY INVESTMENTS: Spread your energies to school, family, friends, hobbies. Don't put all the eggs in one basket or burn-out becomes a possibility.

For more information, visit:

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89. Watching my children play
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172. Research and become an expert on something of interest to you
173. Add ten more items to this list
174. Pleasuring yourself
175. Baskin and Robbins ice cream cone
176. Tea and my rocking chair
177. Bubble bath, dusting powder

Stress Management

Stress is...

- > A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances

Common Stressful Situations

- > Major life decisions:
 - Choosing/changing your major
 - Moving, selling, or searching for a new place to live
 - Beginning or ending a romantic relationship or a friendship
- > Everyday situations
 - School/work responsibilities
 - Paying bills
 - Traffic
 - Health (colds, flu, etc.)



Stress and Anxiety

- > Stress produces anxiety, so managing your stress will likely reduce your anxiety
- > Identifying what stress is and how it affects you is the first step



Seeing Your Stress

1. Grab a sheet of paper
2. Grab three different colored markers
3. Make a small circle in the middle of the paper (color #1)
4. Write your name in the circle (color #1)



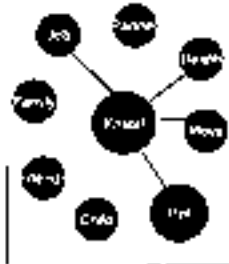
1. Draw circles for each "system" you belong to (color #1)

For example:

- Family/friends
- Work
- School
- Sports



2. With marker color #2, draw a line connecting yourself to the systems that stresses you out



3. With marker color #3, draw a line connecting yourself to the systems that support you



Okay, I've got a picture
What does it mean?

- This stress ecomap you've created can help you:
 - To see which systems cause you the most stress and try to manage these stressors
 - To use the systems that support you more often
 - To recognize that you travel through various systems and to not be so hard on yourself

Feeling your stress

Body Scan Activity

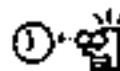


Remember

- Understand that we cannot eliminate stress completely
- Instead, we can learn how to manage it in ways that are helpful to us
- To manage it, you must first learn more about it!



What Happens To Me When I am Stressed?



It Can Affect Your Mind

- > Problems with memory
- > Difficulty making decisions
- > Inability to concentrate
- > Confusion
- > Repetitive or continual thoughts
- > Poor judgment
- > Thoughts of escaping/running away
- > Inability to slow down thought process



It Can Affect Your Body

- > Headaches
- > Muscle Pain
- > Fatigue
- > Chest pain
- > Weight gain or loss
- > Hair loss
- > Skin problems
- > High blood pressure



It Can Make You Feel...

- > Less interested in hobbies or fun
- > Moody, with lots of shifts
- > Frustrated, angry
- > Depressed
- > Overwhelmed
- > Fearful due to failure

It Can Make You...

- > Overreact to unexpected situations
- > Eat more or less
- > Sleep too much or too little
- > Isolate yourself
- > Cry more often
- > Laugh or cry at inappropriate times
- > Lose your temper
- > Argue with people or become violent
- > Take Risks

I see my stress
now...
What next?

DE-Stressors: Physical

- > Taking deep breaths and practice relaxation
- > Incorporate regular exercise in your daily life
- > Taking time to do something you enjoy, painting, playing an instrument, etc
- > Reducing how much caffeine, sugar, or alcohol you consume
- > Rest and get plenty of sleep
- > Eat nutritiously



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DE-Stressors: Mental

- Ripping up your superhuman cape
 - Be realistic & flexible and keep boundaries
 - Learn to change unhealthy thought patterns
- Think positively
- Meditating and taking time to reflect
- Visualizing a successful and calmer ending



DE-Stressors: Emotional

- Letting yourself ask questions and ask for help—you are not perfect
- Taking time to unwind and talk to your friends and loved ones
- Dealing with the cause of the stress: is relationship or feeling-based, address it
- Develop a network of support **AND USE IT!**



Making Goals to Destress

Write down a goal and steps to these goals that will help you in destressing. Be sure to be specific, and set a timeframe.

What if I can't manage my stress?

Professional Support may be needed if you feel you have a pattern of

- Setting yourself up to be stressed by not saying "no" to various commitments
- Feeling too overwhelmed by your stressors
- Knowing your 'baggage' from your past & present is getting the best of you
- Not communicating your needs
- Managing your time
- Anxiety is changing your functioning in school, work, home, or with family & friends



On-Campus Support

- Counseling and Psychological Services (CAPS) 407 823 2811
 - Free individual, group, and couples sessions
 - Free workshops (relaxation, healthy body, improving your mood)
- Reach for Wellness 407 823 5641
 - Massage Therapy
 - Acupuncture
 - Biofeedback
 - Nutritional Advice

