Anxiety Coping Resources

Ted Talks:

Thandie Newton: Embracing Otherness, Embracing Myself
Susan Cain: The Power of Introverts
Matthieu Ricard: The Habits of Happiness
Andy Puddicombe: All it takes is 10 mindful minutes

Free Phone Apps:

Mindshift  Pacifica  Calm  Worry Box

PANIC?  Panic Attacks?  CBT Diary  DBT Thought Record  Stop breathe & Think

Websites/Worksheets:

www.anxietyhc.com (Self-Help)
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 GOODIES: 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 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:
82. Discussing books
83. Sightseeing
84. Gardening
85. Going to the hairdresser
86. Early morning coffee and newspaper
87. Playing tennis
88. Kissing
89. Watching my children play
90. Thinking I have a lot more going for me than most people
91. Going to plays and concerts
92. Daydreaming
93. Planning to go to school
94. Thinking about sex
95. Going for a drive
96. Listening to a stereo
97. Refinishing furniture
98. Watching T.V.
99. Making lists of tasks
100. Going bike riding
101. Walks in the woods (or waterfront)
102. Buying gifts
103. Traveling to national parks
104. Completing a task
105. Collecting shells
106. Going to spectator sports
107. Teaching
108. Photography
109. Going fishing
110. Thinking about pleasant events
111. Playing with animals
112. Flying a plane
113. Reading fiction
114. Acting
115. Being alone
116. Writing
117. Cleaning
118. Reading non-fiction
119. Taking children places
120. Dancing
121. Thinking "I did that pretty well" after doing something
122. Going on a picnic
123. Meditating
124. Playing volleyball
125. Having lunch with a friend
126. Going to the mountains
127. Thinking about having a family
128. Thoughts about my childhood
129. Splurging
130. Playing cards
131. Solving riddles mentally
132. Having a political discussion
133. Playing softball
134. Seeing or showing photos or slides
135. Playing guitar
136. Knitting
137. Doing crossword puzzles
138. Retiring from work
139. Shooting pool
140. Dressing up and looking nice
141. Reflecting on how I've improved
142. Talking on the phone
143. Buying things for myself
144. Going to museums
145. Thinking religious thoughts
146. Snacking
147. Listening to the radio
148. Getting a massage
149. Saying "I Love You"
150. Thinking about my good qualities
151. Buying books
152. Taking a sauna
153. Going skiing
154. White water canoeing
155. Going bowling
156. Doing woodworking
157. Fantasizing about the future
158. Taking ballet
159. Debating
160. Sitting in a sidewalk café
161. Having an aquarium
162. Reading erotic novels
163. Going horseback riding
164. Thinking about becoming active in the community
165. Doing something new
166. Making jigsaw puzzles
167. Thinking I'm a person who can cope
168. Listing my thoughts and feelings
169. Cleaning out my closets
170. Making an album with loose pictures around the house
171. Writing letters to a pen pal ex: a starving child in Ethiopia
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:
  - Changing your major
  - Moving, getting, or searching for a new place to live
  - Beginning or ending a romantic relationship or a friendship
- Everyday situations
  - Schoolwork responsibilities
  - 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 two 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)
   - Family/friends
   - Work
   - School
   - Sports
Okay, I've got a picture  
What does it mean?  
- This stress ecmap you've created can help you:  
  - To see what 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 it 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 nutritious
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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 alone
- Taking time to unwind and talk to your friends and loved ones
- Dealing with the cause of the stress: relationship or ‘no’ ng-based, address it
- Develop a network of support

Making Goals to Destress
Write down a goal and steps to achieve 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 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
- Counselling 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