

The Advantage of Anxiety is that it presents an opportunity to do something different

Awareness

Become aware of and acknowledge your own thoughts, feelings, and behaviors. Having insight into yourself can empower you to make changes to more effectively adapt to life stressors.

Set Limits

Attempting to accomplish a large amount of tasks in one day can be overwhelming and unrealistic. In fact, we may be setting ourselves up for stress overload.

Be kind to yourself

None of us are without fault. Yet all of us have positive qualities about ourselves that sometimes get ignored. Consider reminding yourself of at least one positive aspect about you each day.

Shift your Perception

Many times when we experience emotional upset it is in response to how we understand what is taking place. Sometimes we make a mental error and jump to conclusions, assume the worst case scenario, magnify things, or view events in only black or white terms which can lead to emotional upset. To help us regain emotional stability we sometimes have to change the way we think about things.

Think realistically

Remember that you do have control over yourself. Sometimes we overestimate the presence of a threat or bad outcome and underestimate our ability to cope.

Role Switch

Imagine a friend or a close relative is informing you of their situation. What might you tell them as advice? Now take your own advice.

The “such is life” principle

Consider accepting the idea that life does include stressful events and while we don't have to like them we can learn to adapt to them through the use of coping strategies.

The “this too shall pass” principle

Sometimes life stressors seem as if they will never go away. However, “never” is a strong word and is not likely accurate. Consider acknowledging that current stress will pass and your emotional upset will go down.

The “will this matter in five years” principle

At times we become easily overwhelmed by day to day occurrences.

Consider asking yourself if the present event that is leading to your discomfort will be remembered and matter in five years. If it won't matter, then simply chalk it up to life and allow yourself to let it go.

Positive worry imagery

Close your eyes and imagine yourself being successful and having the best possible outcome to the situation

Choice

Recognizing that we have a choice in mostly every action we take is empowering and can lead to more positive outcomes. You can gain control over your life and experience improved health by directly choosing to change the way you think and act and indirectly changing your feelings.

Don't get overwhelmed about being overwhelmed

Anxiety is a normal response and part of the human experience. Accept it as part of the experience and it will pass with less exhaustion.

Reverse it

Label yourself as what you are thinking (in error) that you are. Example: Anxiety related to a test with cognition of “I am going to fail.” Think “I'm a failure” then notice how you come up with evidence that proves you are actually not a failure.

Relationships:

Make choices to connect to other people in positive social interactions to reduce stress and build a resilience to its harmful effects.

Don't fight the anxiety

Welcome the anxiety in since fighting it can only make it worse. Allow it to come in and then allow it to pass.

Admit it

Accept and admit you are anxious. So what???

Breathe

Slowly breathe in through your nose into your abdomen, hold, and breathe out through your mouth and repeat. Think "Slow Down". If you can slow down your body then you can help slow down your mind and begin to think more clearly about your thoughts.

Progressive Muscle Relaxation

A series of muscle tension and relaxation exercises.

Exercise Reduce your muscle tension, burn off excess adrenaline, increase oxygenation of blood, and increase self-esteem with regular exercise.

Music Relax with some of your favorite tunes

Visualization

Get comfortable, close your eyes, and imagine yourself in a peaceful place while taking time to observe the various things in your visualization. Use guided imagery and visualization tools online.

Meditation

Close your eyes and either let thoughts flow through your mind (don't hold on to them) or focus on one single thought such as "calm" or "serenity"

Adjust your diet

Reduce caffeine and sugar intake. Eat healthy foods and take vitamins.

Self-nourishment

Ensure rest, recreation, and relationship time. Read an uplifting book, take a warm bath, take a scenic walk, get a manicure/pedicure, watch a funny movie, call or write and old friend, cook something special, eat breakfast in bed etc...

Simplify your life

Be willing to give up some things that increase pressure and stress.

Humor

Seeking the humor in difficult daily situations can help to relieve how we are currently viewing our experience and ultimately reduce stress levels.

Express Creativity

Draw, paint, write, or build something. Do something, anything.

Thought Stopping

Think of a stop sign and think and say stop until anxiety reduces. Remember to breathe slowly. Combine with a "principle."

Stop trying to change others

You can only control your own thoughts and actions. Let go of trying to change the thoughts and actions of others. This is an external control fallacy.

Positive Daily Affirmations

Combat negative self-defeating statements with new empowering self-statements.

Example: Change "This is unbearable" to "I can learn to cope better with this" etc...

Daily positive self-talk

Begin using statements such as: "this will pass I will be okay", "I am relaxing", and "I have handled this before I can handle it now" etc...

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