



Dealing With Anxiety

Anxiety = energy + motivation

Kill the ANTS (automatic negative thoughts)



- 1) Substitute the thoughts with something positive
- 2) Be concrete and specific
- 3) Discover the dark secret
- 4) Implement relaxation skills
 - a. Visualize success
 - b. Positive self talk
 - c. Grounding
- 5) Understand and know the 20-40-60 Rule
 - a. 20 year olds worry about what others think of them
 - b. 40 year olds don't care what others think of them
 - c. 60 year olds realize no one's been thinking of them all along
- 6) Discover and implement conflict management skills
 - a. Deal with conflict rather than avoiding it.
 - b. Conflict defines where you end and others begin
- 7) Practice healthy life style
 - a. Good nutrition
 - b. Good cardio
 - c. Reduce alcohol and drugs
 - d. Good sleep hygiene
 - e. Increase vitamins B, C, and D
 - f. Get some sunlight (at least 10 minutes per day)
- 8) Anxiety makes us think we need to move faster. Practice "slow-down therapy"
- 9) Don't deny your anxiety, manage it.
- 10) Anxiety looks like "caring" but it is often selfishly motivated
- 11) Don't feed the ANTs



Dealing With Anxiety

Anxiety is:

Speed, whining, insecurity, over-reacting, urgency, indecisiveness, irresponsible, distant, over explaining, rigid thinking, inflexible, blame oriented. National anxiety is the news.

Anxiety has its place and function: helps one survive, learn, create, and organize.

We must increase our tolerance of anxiety in order to use it. Anxiety tolerance is the ability to absorb anxiety without discharging it on others.

Anticipation is the control of the environment.

Reduce anxiety by slowing down, being responsible, using humor, responsive, and decisive, flexible, intentional, deep breathing, define self and intent.

OCD: rituals must be followed in order to reduce, relieve or regulate the anxiety