

# Coping with Anxiety

By

Laura Kerbey



Healthy **Happy** Me!

# Session Content

- Understanding Anxiety
- How to Cope with Anxiety
- Building your Anxiety Toolkit

# What is Anxiety?



fight

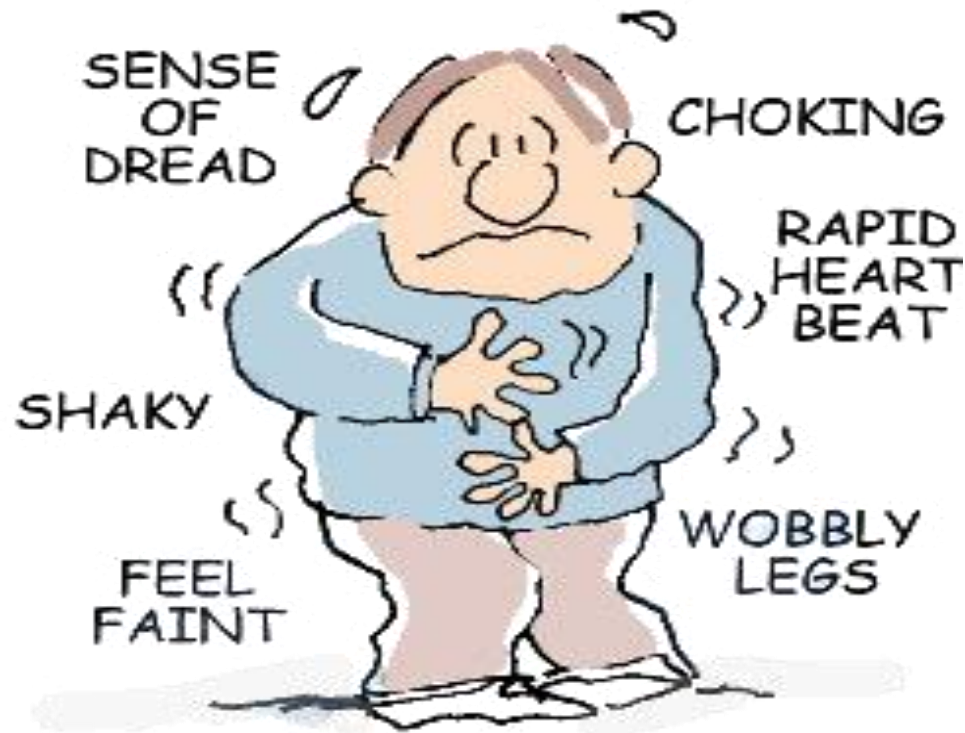


flight

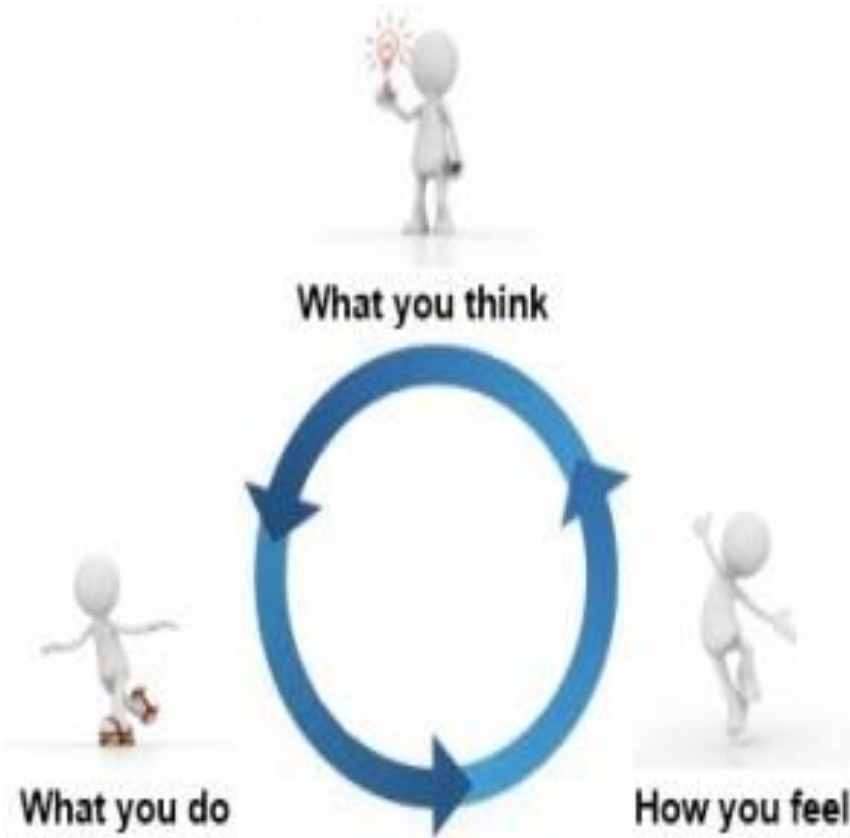
# What is anxiety?

- Anxiety is a common emotion.
- At some stage in our lives we will all feel anxious when faced with a difficult situation.
- Anxiety responses:
- **Physiological** – sweating, increased heart rate, butterflies in the stomach
- **Cognitive** – negative self talk such as  
” I can’t cope”
- **Behavioural** – avoidance of the anxiety provoking situation
- Flight or fight response

# What happens when you are anxious?



# The link between Thoughts, Feelings and Behaviour



- Task:
- Think of a time when you have felt worried or anxious and map this onto the diagram.
- (We will revisit this again later)

# How to manage your anxiety

- **Schedule a daily worry time to allow yourself to think about what's bothering you.** If you feel anxious at other times of the day, tell yourself to put it on hold for later. Write it down then distract yourself.
- **Get some exercise!** Exercise produces endorphins or happy chemicals and can also help with sleep etc.
- **Live in the present** – not in the past or the future. Most of our worries are about things that have happened that we cannot change or things that haven't happened yet.
- **Don't jump to conclusions or catastrophise!!**

# More ways to beat your anxiety.....

- **Have a laugh** – think of something funny or speak to someone who makes you feel happy. Look at funny pictures or have someone tell you jokes.
- **Get enough sleep** - turn off those ipads and iphones at least half an hour before you go to bed. Have a nice warm bath and read a book or magazine.
- **Make sure you are eating the right things.**





# Distraction and breathing

- **Breathe in slowly through your nose and out through your mouth**
- **Count backwards from 20**
- **Try a tapping technique**
- **Think of a happy place and “go there”**
- **Try using distractor cards or words**

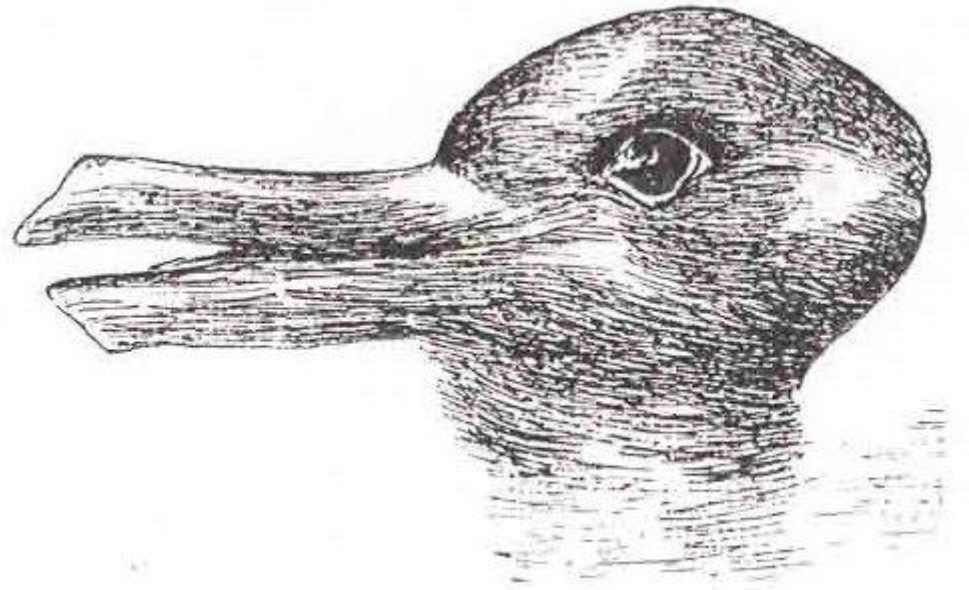
# Your anxiety tool kit.....



- **TASK:**
- **Think about what “tools” you can put in your tool kit to help you if you feel anxious?**

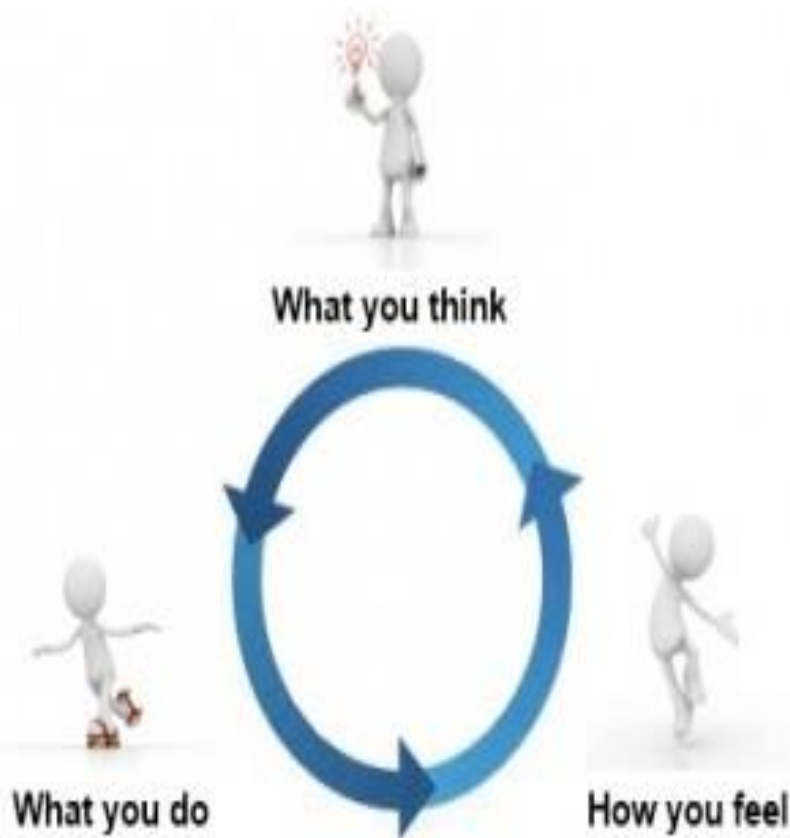
What do you see here?

Remember – there is always more than one way to look at things.....



# Now re are going to revisit the Thoughts / Feelings and Behaviour Model:

- **Task:**
- **Revisit the situation you used earlier in your model. Change you thinking style to see how this changes your thoughts and behaviours.**



# Final Thoughts.....

- If you feel your worries are getting too big you should speak to your parents, a teacher or a friend.
- Don't keep your worries bottled up inside.
- Remember its OK to worry a bit sometimes and this is completely normal!

Thank you for listening!



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