

HEY! LET'S TALK ABOUT HOW TO MANAGE ANXIETY

TECHNIQUES FOR MANAGING ANXIETY

Identify triggers

What or when are the times you are likely to get anxious?

If you can identify the patterns, then it may be possible to do something about these situations which may enable you to respond differently.

Do things differently

Learning to confront anxiety may be uncomfortable in the short term but it can help with taking control and feeling better in the long term.

Planning to gradually do the things you avoid can assist in learning that you can still enjoy these events and that the anxious feelings will go away.

Gradually building up to doing something you have been avoiding can also be an appropriate way of managing uncomfortable feelings.

If you normally depend on safety behaviours to cope, then listing these in order of importance and slowly dropping or not doing the least important will assist in gradually working your way up over time.

STOPP

The following technique can be useful in managing anxiety:

- S** **Stop!** Pause, don't react automatically.
- T** **Take a breath.** Notice your breath as you breathe in and out.
- O** **Observe.** What are you thinking and feeling? Is this fact or opinion?
- P** **Pull back.** Put in some perspective. See the situation as an outside observer. What would someone else see and make of it? Is there another way of looking at the situation? What advice would I give to someone else?
- P** **Practice what works.** Do what is most helpful. Focus on your principles and values and consider whether your actions will be effective, appropriate and proportionate to the event.

Is there a conversation you need to have right now? A lot can change over the years, but a lot can change in a few minutes. **Let's talk?**

To learn more, visit smalltalkbigdifference.com.au

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