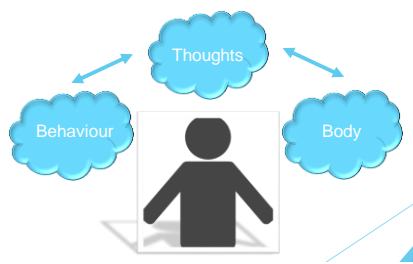


Conscious vs Subconscious Thinking



How does anxiety affect us when we calm our thoughts?



Anxious Thoughts



Question Anxious Thoughts?

Examples:

- Will this matter tomorrow, next week, next month?
- I can't control this so how can I influence it?
- What is the evidence for or against this?
- Can I really read minds?
- Am I trying to predict the future?
- How many times have I catastrophized and it hasn't turned out in the way I predicted?
- Is this fact or opinion?



Anxious thoughts video



Case Study

Kate is going to an interview. On the way there she thinks to herself:
"I'm going to be late and they will turn me away. I can't do anything right. Everything goes wrong for me."

Kate arrived early and while she is waiting in the waiting room she sees another person waiting to be interviewed and thinks:
"They look smarter than me. I bet I won't get the job."

Example thought diary

Automatic Thought	Category of Thought Distortion	Alternative Thought
That person didn't say hello to me because I have done something wrong	Mind reading	Maybe they didn't see me

Time for a 10-minute break

(Please feel free to chat with our course mentor if you need support right now, they'll be glad to help ☺).



Self-Compassion: how can it help manage anxiety?

The 3 components of self-compassion pioneered by Dr Kristin Neff are:

1. Mindfulness
2. Common humanity
3. Self-Kindness



Self-Compassion Exercise



Self Compassion...

"UNLIKE SELF-CRITICISM, WHICH ASKS IF YOU'RE GOOD ENOUGH, SELF-COMPASSION ASKS, WHAT'S GOOD FOR YOU?"
- KRISTIN NEFF

Breathing Techniques



Grounding

Grounding Exercise

For use during a panic attack, when you need to stay calm, or anytime you feel 'disconnected' from your body.

Look around you. Identify + name:

- 5 things you **see**
- 4 things you **feel**
- 3 things you **hear**
- 2 things you **smell**
- 1 thing you **taste**

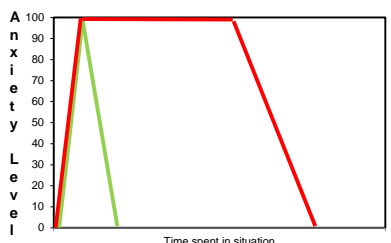


Time for a 10-minute break

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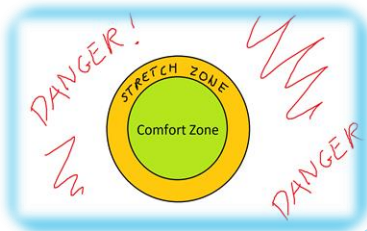


How can we overcome avoidance?

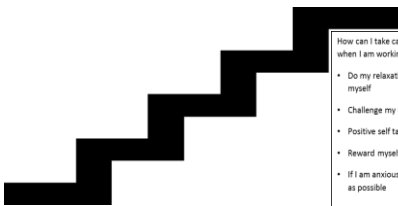


— Anxiety inducing situation you are confronting
— Anxiety inducing situation you are avoiding

Comfort Zone



Overcoming avoidance in manageable steps



- How can I take care of myself and manage my anxiety when I am working on achieving this goal?
- Do my relaxation techniques daily and make time for myself
 - Challenge my unhelpful thoughts
 - Positive self talk
 - Reward myself for doing well
 - If I am anxious try to stay in that situation for as long as possible

Self-Care



Discussion: What do you do for your own self-care?



What else is out there to help me?

- o Courses at the Wellbeing and Recovery College
- o Charities: Anxiety UK, Mind
- o NHS: <https://www.nhs.uk/every-mind-matters/mental-health-issues/anxiety/>
- o Anxiety Apps: Calm, Headspace, Balance, Dare: Break-free from Anxiety, Nature Sounds Relax and Sleep
- o YouTube: Ralph Smart's "How to Break Out of The "Anxiety Trap"
- o Podcasts: the panic pod
- o Local Wellbeing hubs
- o Websites

Resources: Books

- ▶ The Big Activity Book for Anxious People by Jordan Reid
- ▶ Overcoming Anxiety Overcoming Anxiety, 2nd Edition: A self-help guide using cognitive behavioural techniques by Helen Kennerley
- ▶ 'Anxiety: Panicking about panic: A powerful self-help guild for those suffering from Anxiety' and 'Practical about Panic' by Joshua Fletcher * Josh also has a podcast 'panicpod'
- ▶ The Anxiety Workbook: A 7 week plan to overcome Anxiety, Stop Worrying and End Panic by Arlin Cuncic
- ▶ The Compassionate Mind by Paul Gilbert
- ▶ Rewire your Anxious Brain: how to use the neuroscience of fear to end anxiety, panic and worry by Catherine M. Pittman



Uplifting words...

