



**Wellbeing & Recovery College**



**Midlands Partnership**  
NHS Foundation Trust  
A Keele University Teaching Trust

**Understanding and Managing Anxiety**

Session 2




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### Our Aims for Today

- To have an understanding of techniques for challenging anxious thoughts
- To try some breathing and grounding techniques to calm the body
- To learn how to overcome avoidance to help reduce anxiety
- To explore self care and relaxation




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### What is anxiety management?

Anxiety Management teaches you different methods to deal with your anxiety. Best results will be seen when practising everyday.

**Purpose:** to learn and try out ways of coping in a healthier way, rather than the maladaptive coping mechanisms currently used.

**Aim:** to make the anxiety manageable and limit its impact on our quality of life.




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### Conscious vs Subconscious Thinking




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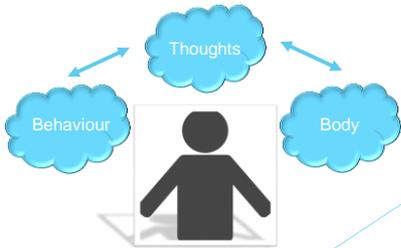
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### How does anxiety affect us when we calm our thoughts?




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### Anxious Thoughts




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### 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?



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### Anxious thoughts video



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### 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."*

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### 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

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### 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 ☺).




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### 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




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### Self-Compassion Exercise



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### Self Compassion...



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### Breathing Techniques



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### 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**




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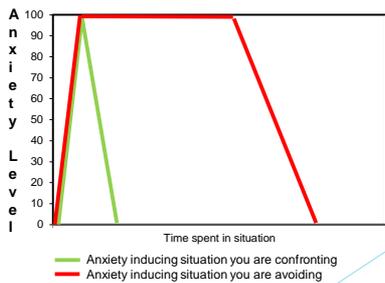
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### How can we overcome avoidance?




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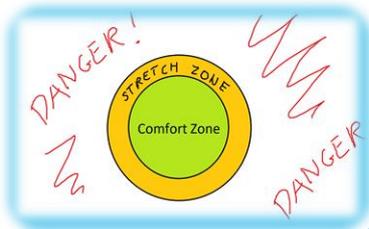
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### Comfort Zone




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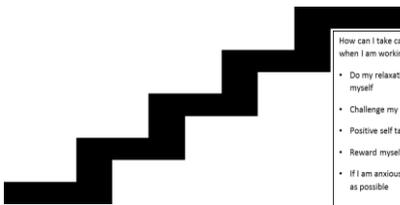
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### Overcoming avoidance in manageable steps



- 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

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### Self-Care




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




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## What else is out there to help me?

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

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## 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 guide 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




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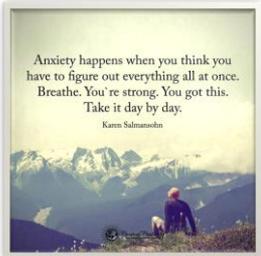
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Uplifting words...



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