

anxiety	<ul style="list-style-type: none"> <li>• anxiety is about "<i>perceived danger</i>", not actual danger</li> <li>• avoidance is a short term strategy, rather than a long one</li> <li>• avoidance makes anxiety worse and more intense</li> <li>• our mind serves to protect us from discomfort or threat</li> <li>• we're wired to worry and hold onto the familiar</li> </ul>
feel the feelings	<ul style="list-style-type: none"> <li>• The harder we resist, the harder it will be to go away</li> <li>• Our feelings can be data from our experiences.</li> <li>• 95% of our actions and thoughts happen unconsciously – aka, we need to consciously experience things in order to change our thoughts, feelings, and behaviors</li> </ul>
conscious awareness	<ul style="list-style-type: none"> <li>• identify and label your emotional experience</li> <li>• complete a body scan</li> <li>• <u>use metaphors</u> in the 'sensing' process; metaphors let us access the creative part of our brain and tolerate the discomfort. "</li> <li>• identify what level you are in according to the <b>zone of tolerance</b>.</li> </ul>
desensitization	<ul style="list-style-type: none"> <li>• exposure to feelings through metaphors: "describe the knot in your belly... What makes the knot tighter or ease up?"</li> </ul>
quotes	<ul style="list-style-type: none"> <li>• "A ship in harbor is safe, but that is not what ships are built for."</li> <li>• "Worrying is like walking around with an umbrella waiting for the rain."</li> <li>• "Not everything that weighs you down is yours to carry."</li> <li>• "The best use of creativity is imagination. The worst use of creativity is anxiety." – Deepak Chopra</li> <li>• "Our anxiety does not come from thinking about the future, but from wanting to control it." – Kahlil Gibran</li> <li>• "Worrying doesn't take away tomorrow's troubles. It takes away today's peace."</li> <li>• "You can't go back and change the beginning, but you can start where you are and change the ending." – C.S. Lewis</li> <li>• "Worrying is like sitting in a rocking chair. It gives you something to do but doesn't get you anywhere."</li> <li>• "Enlightenment is when a wave realizes it is an ocean." – Thich Nhat Hanh</li> <li>• "<b>Inner peace</b> begins the moment you choose not to allow another person or event to <b>control your emotions</b>." – Unknown</li> <li>• "You can't calm the storm. So stop trying. What you can do is calm yourself. The storm will pass." – Timber Hawkeye</li> <li>• "Flowers grow back even after the harshest winters. You will too." – Jennae Cecilia</li> <li>• "Fear thrives in a place of inaction. Overcome your anxiety by taking one small step forward." – Sarah Boyd</li> <li>• "Don't be pushed around by the fears in your mind. Be led by the dreams in your heart." – Roy T. Bennet</li> <li>• "The most dangerous place in the world is often within your own mind. So don't be afraid to step outside of it to find your peace."</li> <li>• "The most dangerous place in the world is often within your own mind. So don't be afraid to step outside of it to find your peace."</li> <li>• "If you're always trying to be normal, you will never know how amazing you can be." – Maya Angelou</li> <li>• "You don't have to control your thoughts, you just have to let them stop controlling you." – Dan Millman</li> <li>• "If it's out of your hands, it deserves freedom from your mind too."</li> <li>• "This is only temporary. You'll get through this too."</li> <li>• "The quality of your life is where you live emotionally." – Tony Robbins</li> <li>• "Choose to be optimistic. It feels better." – Dalai Lama</li> <li>• "What you think, you become. What you feel, you attract. What you imagine, you create." – Buddha</li> <li>• "We suffer more in imagination than in reality." – Seneca</li> </ul>

videos about anxiety	<ul style="list-style-type: none"> <li>• <a href="https://youtu.be/ZidGozDhOjg">https://youtu.be/ZidGozDhOjg</a></li> </ul>
visuals	<ul style="list-style-type: none"> <li>• Visual supports and aids [worksheets, posters, calendars, digital photos, etc.]</li> <li>• Visualization Exercises [Picture yourself completing the scenerio that you are anxious about successfully]</li> <li>• Visualization Exercise: Close your eyes. Picture yourself in your favorite place. What do you hear? What do you see? What do you smell? What do you feel? What do you taste?</li> </ul>
spirituality	<ul style="list-style-type: none"> <li>• Connect to your spirituality. This can be reading, prayer, worship, practice, writing, reflection, etc.</li> <li>• Visit place of worship.</li> <li>• Consult spiritual support [fellow members, mentors, leaders, etc.]</li> </ul>
strengths exercise	<ul style="list-style-type: none"> <li>• list and review your strengths. What can you apply right now?</li> <li>• What experiences in your life have you succeeded and kept your mistakes in perspective?</li> <li>• Embrace in your own abilities</li> <li>• Surround yourself with positive, supportive people (Kline, n.d.)</li> </ul>
nature and outdoors	<ul style="list-style-type: none"> <li>• Evidence shows that doing an outdoor activity for only twenty minutes can have a profound effect on your overall mood.</li> <li>• Sit outside in the sun.</li> <li>• Do an outdoor activity.</li> <li>• open your windows and let in natural light.</li> </ul>
distractions	<ul style="list-style-type: none"> <li>• <b>Distract and learn with this video: <a href="https://youtu.be/NxrfDovnjA4">https://youtu.be/NxrfDovnjA4</a></b></li> <li>• <b>(Title: Do you have the ability to regulate your thoughts &amp; emotions by The Holistic Psychologist on YouTube)</b></li> </ul>
PLEASE skills. (Ensuring your physical health does not impact state!)	<ul style="list-style-type: none"> <li>• This stands for</li> <li>• Treating <b>P</b>hysical Illness</li> <li>• <b>E</b>ating</li> <li>• <b>A</b>voiding Altering drugs</li> <li>• <b>S</b>leep</li> <li>• <b>E</b>xercise.</li> <li>• (Ensuring your physical health does not impact state!)</li> </ul>
physical, embodiment	<ul style="list-style-type: none"> <li>• Squeeze something or use a tactile object to release emotional energy.</li> <li>• Smile exercise: your brain associates smiling with positive things and impacts physiology to help improve mood when attempting to self regulate.</li> <li>• <b>Physical Mindfulness.</b> Go for a walk. Incorporate grounding senses.</li> <li>• <b>Grounding Exercise:</b> 5 senses. Intentionally shift focus outside of yourself through your senses..</li> <li>• Confident, empowered <b>body language.</b></li> <li>• Stretch.</li> <li>• Dance.</li> <li>• <b>Progressive muscle relaxation.</b> Start by closing your eyes and slowly tense and relax each muscle group, one at a time, from your toes to your head. Hold the tension for three seconds and then release quickly. This reduces physical muscle tension.</li> <li>• High five yourself, pat yourself on the back (stimulates neurotransmitters)</li> <li>• Fidget</li> </ul>

radical acceptance	<ul style="list-style-type: none"> <li>• <b>Radical acceptance</b> means merely accepting the state of things as they are, without working to change them.</li> <li>• "it is what it is." When we relinquish the need to control a situation and understand that there is nothing we can do to change it, the pressure to fix things often subsides.</li> <li>• <b>Radical acceptance</b> is <b>observing a situation, without emotion, and accepting that we are not omnipotent beings and some things are simply out of our control</b> (Chapman et al., 2011).</li> </ul>
"One thing in the moment"	<ul style="list-style-type: none"> <li>• this is when we slow down and break down a problem, addressing each part at a time instead of viewing our circumstance as one major obstacle.</li> </ul>
IMPROVE skills	<ul style="list-style-type: none"> <li>• Imagery</li> <li>• Meaning</li> <li>• Prayer</li> <li>• Relaxation</li> <li>• One thing in the moment</li> <li>• Vacation</li> <li>• Encouragement (Linehan, 2014).</li> </ul>
reframing	<ul style="list-style-type: none"> <li>• How can you view this situation in a more helpful way? Example: reframing a mistake as an opportunity to learn.</li> </ul>
opposite action exercise	<ul style="list-style-type: none"> <li>• This is doing an action that's functional and opposite of your current feeling. Feeling angry? Watch a comedy special. Feeling sad? Do something that brings you joy.</li> </ul>
gratitude	<ul style="list-style-type: none"> <li>• Picture 10 things you are grateful for and how your life has been impacted by these things.</li> <li>• Write down things (or a singular thing) you're thankful for.</li> <li>• Telling people in your life you're thankful for them.</li> <li>• Be intentional. Notice something beautiful or special throughout the day.</li> </ul>
cognitive	<ul style="list-style-type: none"> <li>• <u>What if exercise</u>: instead of asking yourself what if this goes wrong, ask yourself "what if this goes right?"</li> <li>• <u>Question Exercise</u>: what is going right right now despite negative thought and/or circumstance.</li> <li>• <u>Question Exercise</u>: What resources do you have right now for your problem internally + externally.</li> <li>• <u>Reframe</u>: Pick a problem you're having currently. What is the silver lining?</li> <li>• <u>Dialectical control</u>: Reflect on what you can control and what you can't. Are you giving something external too much power or assigning yourself too much responsibility?</li> <li>• cognitive defusion: separating our thoughts from reality [observing thoughts without identifying with them.]</li> <li>• Thought challenging.</li> <li>• Check if you're falling into any of these thinking traps.</li> </ul>
catharsis	<ul style="list-style-type: none"> <li>• <u>expressing strong feelings in a healthy form of crying, punching a punching bag, strength exercises, yelling into a pillow, therapy, or "smash the room" type activities.</u></li> </ul>

behavioral	<ul style="list-style-type: none"> <li>• <b>All or Something Change:</b> Sometimes we hold ourselves back from change out of fear. Let's mindfully challenge you to embrace change. How can you throw yourself totally into change or at least do something toward change?</li> <li>• Shaping your behavior: do some thing you feel capable of right now to start motion towards your ideal outcome.</li> <li>• Crowd out unhealthy behaviors: Pick at least five exercises/skills to do before engaging in the behavior(s) that you want or need to change.</li> <li>• Practice skills until they become self-reinforcing and feel more natural. Being skillful feels good!</li> <li>• Change your current environment.</li> <li>• Commit to the first step. If you want to go to the gym, just commit to putting your shoes on.</li> <li>• Determine function of unconventional behavior</li> <li>• Consistency &amp; Repetition.</li> </ul>
monitor your experience	<ul style="list-style-type: none"> <li>• <b>Scaling Exercise:</b> Improving your circumstance through scaling. Rate the severity of your problem on a scale of 1-10. Now, think about what behaviors you will do if the problem improved by two points. Now, commit to those behaviors. Example: An overweight person rates his problem at an 8. If the problem is a 6, it would most likely be due to him going to the gym 3 days a week. So, he decides to commit to new behaviors.</li> </ul>
compassion Exercise:	<ul style="list-style-type: none"> <li>• Think about the hardships, beliefs, and struggles another person is going through that is contributing to their perspective. Example: when a boss is critical of their employees, take a moment to think about the responsibility and pressure they may feel to provide a stable business for their employees and customers</li> <li>• How can you be compassionate towards another? Extending compassionate towards them allows you to defuse your own strong emotions and influence how you choose to those emotions going forward.</li> </ul>
social and relational skills	<ul style="list-style-type: none"> <li>• Assertiveness: Excuse yourself to step away, set limits on your time and energy, state and assert boundaries.</li> <li>• <b>GIVE skills:</b> these are skills to defuse anxiety &amp; self-regulate when stressed in an interaction with another person: be genuine, interested, validating, and easy mannered. Implement these to help connect &amp; relating to others. Implement these in your self talk.</li> <li>• <b>Modeling Others Exercise:</b> Observe or look up what skills someone used to effectively handle the same problem you're going through right now. How can you emulate those skills in a healthy way?</li> <li>• <b>Being the Model Exercise:</b> Strive to become a model for others with your behavior. "what do I want to show others?" " Who can I model Healthy Behavior to?" " Who can I model healthy behavior for?" Practice new behaviors to shape healthy behaviors you want to demonstrate for others.</li> <li>• <b>Utilize professional resources.</b> Use a hotline, schedule a therapy appointment, use text therapy services like talkspace, use recommended tools from your therapist, watch videos or read articles from professionals on your current issue.</li> <li>• Consensual physical touch and affection.</li> </ul>
art	<ul style="list-style-type: none"> <li>• <b>Drawing exercise.</b> Draw your "fantasy island."</li> <li>• Imagine your personal paradise that evokes pleasant, positive emotions and sensations. Artistic ability doesn't matter here. Just draw whatever comes to mind when you think about your island.</li> <li>• On this island, think about the following questions: what are the rules on your island? What happens if the rules are broken? Who lives on the island and who can visit? Who is an allowed on the island? What activities are on the island? What would you call your island? What would you feel on the island? What would you hear on the island? What would you smell on the island? What would you touch on the island? What would you taste on the island?</li> <li>• How would you spend your time on the island?</li> <li>• <b>Second drawing exercise:</b> draw what comes to your mind when you think about feeling safe. Where do you feel safe? Who makes you feel safe? What do you do when you feel safe? What parts of you can come out when you feel safe? How do you create safety in your life?</li> </ul>

TIPP: (Distress Tolerance Skills):	<ul style="list-style-type: none"> <li>• <b>Temperature:</b> (influencing your state through cold (cold shower/wash hands/hold ice cube, chew ice cube.)</li> <li>• <b>Intense Exercise</b> (like cold temperatures, intense exercise changes the biochemistry of the system adaptively &amp; releases endorphins to battle cortisol.)</li> <li>• <b>Paced Breathing</b> (inhale through their nose slowly for a count of two, hold the breath for three seconds, and then exhale slowly through mouth for a count of five.),</li> <li>• <b>Paired Muscle Relaxation.</b> (In (PMR), a pair of muscles, such as the toes on both feet, are tensed while breathing in and then relaxed while breathing out.) focus remains on channeling emotional energy through tensing the muscles. Distraction occurs while matching your breathe and muscle tensing.</li> </ul>
create a pros and cons list	<ul style="list-style-type: none"> <li>• Review list from wise mind perspective. (approaching it with balanced logic &amp; feelings.)</li> </ul>
using your wise mind	<ul style="list-style-type: none"> <li>• first, observe what's happening.</li> <li>• describe what's happening from a neutral, nonjudgmental place.</li> <li>• engage in the moment and allowing yourself to be present.</li> </ul>
ACCEPTS skills:	<ul style="list-style-type: none"> <li>• <b>A</b>ctivities</li> <li>• <b>C</b>ontributing</li> <li>• <b>C</b>omparisons</li> <li>• <b>E</b>motions</li> <li>• <b>P</b>ush away</li> <li>• <b>T</b>houghts</li> <li>• and <b>S</b>ensation</li> </ul>
journal	<ul style="list-style-type: none"> <li>• Free write about your current feelings and thoughts.</li> <li>• Record your patterns and plan your week - or day - to proactively manage your anxiety and/or negative emotions.</li> <li>• Brain dump in a notebook or an app on your phone.</li> <li>• Google a journal prompt that fits your current situation.</li> </ul>
unmet needs exercise:	<ul style="list-style-type: none"> <li>• Identify the current needs you have and validate them.</li> <li>• Brainstorm solutions for meeting those needs.</li> </ul>
positive reinforcement	<ul style="list-style-type: none"> <li>• Reward yourself for positive behaviors and choices.</li> <li>• Give yourself recognition and praise. Reward yourself in a meaningful way for these positive/healthy behaviors.</li> </ul>
values	<ul style="list-style-type: none"> <li>• the life direction you choose; guiding principles that guide your behavior, attitude, feelings, and thoughts.</li> </ul>
self as context	<ul style="list-style-type: none"> <li>• Separating who you are and the roles you have in your life.</li> </ul>
preparation and rehearsal	<ul style="list-style-type: none"> <li>• Organize, process, plan, and practice the thing making you nervous as a way to familiarize yourself with the process.</li> </ul>
rest and relaxation	<ul style="list-style-type: none"> <li>• incorporate breaks for your brain, mind, and body..</li> </ul>
routines	<ul style="list-style-type: none"> <li>• implement a plan to address struggles to set yourself up for success.</li> <li>• define and implement positive habits.</li> </ul>

healthy media consumption	<ul style="list-style-type: none"> <li>• Watch funny, happy shows that trigger smiles, laughs, and positive emotions.</li> <li>• Rewatch and listen media, music, and TV that's familiar and brings you joy. "Happy shows tend to make happy viewers, but there's also something nice about returning to a familiar cast of characters and knowing what's going to happen in an episode." (Freund, 2022)</li> <li>• Stay accountable is by setting screen time limits for certain apps that trigger you.</li> </ul>
exposure	<ul style="list-style-type: none"> <li>• fear hierarchy</li> <li>• gradual exposure</li> <li>• "baby steps"</li> <li>• virtual reality</li> <li>• watching media or talking it through with someone.</li> <li>• EMDR</li> </ul>
play	<ul style="list-style-type: none"> <li>• be silly.</li> <li>• do a hobby.</li> <li>• do something fun.</li> <li>• remember not to take yourself too seriously.</li> </ul>
clean	<ul style="list-style-type: none"> <li>• <b>Declutter.</b></li> <li>• Mindful cleaning, distracted.</li> <li>• Establish order within your space.</li> <li>• Put something that's out of place in its place. (Physical order often helps us feel a sense of mental order.)</li> <li>• Self care and appropriate hygiene.</li> </ul>
self forgiveness	<ul style="list-style-type: none"> <li>• Forgive yourself for not foreseeing a problem that occurred.</li> </ul>
long-term consequences & mindsets	<ul style="list-style-type: none"> <li>• What is the long term consequence of emotion-driven behavior?</li> <li>• What happened in the past, what is likely to happen now, what this behavior could trigger in terms of longer-term consequences?</li> </ul>
language	<ul style="list-style-type: none"> <li>• Use positive behavior language</li> <li>• Give and accept compliments freely.</li> </ul>
fact vs opinion	<ul style="list-style-type: none"> <li>• Discern the factual evidence in the moment to help reduce the intensity of these extreme emotions.</li> <li>• Acknowledge the difference between fact vs opinion.</li> </ul>
trigger log	<ul style="list-style-type: none"> <li>• identify what your triggers are to deal with them effectively.</li> <li>•</li> </ul>
altruism	<ul style="list-style-type: none"> <li>• volunteer, do something nice for others, leave anonymous positive comments, praise, &amp; feedback in person or online.</li> <li>• express your love and appreciation to someone.</li> <li>• ask someone if they need help.</li> </ul>
realistic expectations for self and others	<ul style="list-style-type: none"> <li>• Take on manageable levels of responsibility</li> </ul>
schedule worry time	<ul style="list-style-type: none"> <li>• Plan worry time. It's hard to stop worrying entirely so set aside some time to indulge your worries. Even 10 minutes each evening to write them down or go over them in your head can help stop your worries from taking over at other times.</li> </ul>
Animal assisted	<ul style="list-style-type: none"> <li>• Co-regulate with a pet by mirroring breathing and attuning to pet.</li> </ul>

verbal	<ul style="list-style-type: none"> <li>• Address the feelings directly by processing it out loud and dealing with it</li> <li>• Talking to a friend.</li> <li>• Therapy.</li> <li>• Communicate needs and concerns directly.</li> </ul>
measure your anxiety	<ul style="list-style-type: none"> <li>• <b>Scaling Exercise:</b> Improving your circumstance through scaling. Rate the severity of your problem on a scale of 1-10. Now, think about what behaviors you will do if the problem improved by two points. Now, commit to those behaviors. Example: An overweight person rates his problem at an 8. If the problem is a 6, it would most likely be due to him going to the gym 3 days a week. So, he decides to commit to new behaviors.</li> </ul>
time	<ul style="list-style-type: none"> <li>• Allow time to pass. Often, the best thing to do to reduce anxiety is just to allow time to pass, without doing the types of activities that increase anxiety.</li> </ul>
social and relational skills	<ul style="list-style-type: none"> <li>• <b>Assertiveness:</b> Excuse yourself to step away, set limits on your time and energy, state and assert boundaries.</li> <li>• <b>GIVE skills:</b> these are skills to defuse anxiety &amp; self-regulate when stressed in an interaction with another person: be <b>genuine, interested, validating, and easy</b> mannered. Implement these to help connect &amp; relating to others. Implement these in your self talk.</li> <li>• <b>Modeling Others Exercise:</b> Observe or look up what skills someone used to effectively handle the same problem you're going through right now. How can you emulate those skills in a healthy way?</li> <li>• <b>Being the Model Exercise:</b> Strive to become a model for others with your behavior. " what do I want to show others?" " Who can I model Healthy Behavior to?" " Who can I model healthy behavior for?" Practice new behaviors to shape healthy behaviors you want to demonstrate for others.</li> <li>• <b>Utilize professional resources.</b> Use a hotline, schedule a therapy appointment, use text therapy services like talkspace, use recommended tools from your therapist, watch videos or read articles from professionals on your current issue.</li> <li>• <b>Consensual physical touch and affection.</b></li> </ul>
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sensory	<ul style="list-style-type: none"><li>• get a bath/shower</li></ul>
long-term consequences & mindsets	<ul style="list-style-type: none"><li>• What is the long term consequence of emotion-driven behavior?</li><li>• What happened in the past, what is likely to happen now, what this behavior could trigger in terms of longer-term consequences?</li></ul>