



OVERCOME ANXIETY

CHECKLIST

Understanding Anxiety

- Defining anxiety
 - Uneasy feeling of worry or concern
- Defining Stress
 - Arises from day-to-day pressures
- The problem with anxiety
 - Blocks you from reaching your full potential
 - Low confidence
 - Low self-esteem
 - Severe headaches
 - Muscle tension
- How anxiety might affect you
 - Physical symptoms
 - Feelings of fear and doom
 - Become overwhelmed
 - Suffer from insomnia
 - Suffer from lack of appetite

Determining Your Type of Anxiety

- General anxiety disorder
 - Long-lasting worry and fear
 - Career
 - Money
 - Family
 - School
- Panic disorder
 - Sudden feeling of fear
 - Arise suddenly
 - Peak in a matter of minutes
 - Sudden periods of intense fear
 - Trembling
 - Shaking
 - Heart palpitations
 - Shortness of breath
 - Difficulty breathing
 - Numbness
 - Tingling
- Social Anxiety Disorder
 - Avoid socializing in a group
 - Fear being judged negatively
 - Fear of being publicly embarrassed

- Phobia
 - An irrational fear of something or a situation
 - Avoid specific situations or objects
- Obsessive-Compulsive disorder
 - Thoughts or actions that are repetitive and distressing
 - Can stop the irrational reactions
- Post-Traumatic Stress Disorder
 - Rooted in a previous life-threatening experience
 - Triggered by remembering a horrifying event
- Separation anxiety
 - Intense display of panic
 - Typically occur among toddlers separated from caregivers
- Signs of an anxiety disorder
 - Feelings of panic, fear, and uneasiness
 - Worrying too much about everyday things
 - Insomnia
 - Shortness of breath
 - Tense muscles
 - Indigestion
 - Fatigue
 - Compulsive behaviors
 - Dizziness
 - Nausea
 - Cold or sweaty hands

Practicing Mindfulness to Overcome Anxiety

- Being fully active and present in daily life
- Benefits of mindfulness
 - Help you cope with anxiety and fear
 - Worry less about the past and the future
 - Manage events as they occur
 - Become less preoccupied
- Relieve physical stress and prevent health issues
 - High blood pressure
 - Obesity
 - Heart disease
 - Chronic pain
- Eliminate worries
 - View things as they are without judgment
 - Gives you peace of mind
 - Increases happiness
- Eliminate depression and other mental disorders

Breathing Techniques to Stop Anxiety

- Can manage and combat stress
- Reach a state of relaxation
- Controlled breathing techniques alleviates medical conditions
 - Anxiety disorders
 - Panic attacks
 - Chronic fatigue syndrome
 - Asthma attacks
 - Severe pain
 - High blood pressure
 - Insomnia
 - Stress
- Relationship between stress and breathing
 - Breathing patterns change with stress
 - More shallow breaths
 - Interrupts the balance of gases in the body
 - Prolongs the feeling of anxiety
- Breathing exercises to reduce anxiety
 - Coherent breathing
 - Resistance breathing
 - Breath moving

Manage Your Thoughts to Control Anxiety

- Anxious thoughts are triggered by a number of things
 - Unwanted images
 - Unprompted worries
 - Fear of going crazy
- Controlling anxious thoughts
 - Face the thought
 - Create the thought
 - Write the thought out

Managing Daily Activities to Reduce Anxiety

- Learn to keep a schedule
- Determine where you are spending your time
- Time management vs. managing your activities
 - Prioritization
 - Plan and practice
 - Have backup plans

Ways to Find Instant Calm and Overcome Anxiety

- Successfully managing anxiety has two distinct processes
 - Long-term management
 - Where your anxiety comes from
 - Takes time
 - Short-term management
 - Instant ways to immediately calm yourself
- The best ways to find instant calm
 - Positive self-talk
 - Guided imagery
 - Prayer or meditation
 - Practice gratitude

Getting in Tune with Your Thoughts and Feelings

- How to deal with unhelpful thoughts
 - Cease
 - Actively stop thinking the negative thoughts
 - Find a way to distract yourself
 - Calm
 - Utilize calming techniques
 - Listen to calming music
 - Engage in breathing exercises
 - Practice visualization
 - Meditate or pray
 - Change
 - Deliberately change negative thoughts to positive ones
 - Known as reframing
- Understanding your feelings
 - Feelings are neither right or wrong
 - Recognize your feelings

The Importance of Sleep When Trying to Stop Anxiety and Worry

- Difficulty sleeping results in waking up exhausted
 - Harder to deal with symptoms of anxiety
- Change your bedroom environment
 - Get rid of distractions
 - Keep room cool
 - Add background or white noise
- Establish good bedtime rituals
 - Go to sleep and wake up at the same time
 - Train your body to know its bedtime
 - Take a bath
 - Read a book
 - Meditate
 - Listen to relaxing music
 - Practice yoga and mediation
 - Exercise
 - Change daily behaviors

Changing Your Lifestyle to Regain Control of Your Life

- Avoid certain foods
 - Stimulants
 - Salt
 - Alcohol
 - Participate in exercise therapy