



ANXIETY

More than just worrying

What is Anxiety?

A worry is a feeling of unease, fear, or nervousness when thinking about unpleasant things. It is a type of thinking, often about something that might happen in the future, leaving you feeling frightened, nervous, or anxious. Some people call it worries, anxiety, or stress.

Everybody experiences fears; however, if you are starting to feel worried more often or can't seem to stop thinking about your worry, leaving you feeling upset, you may be experiencing anxiety.

The distress from anxiety often interferes with a person's ability to lead an everyday life. For example, they often feel very nervous about the potential dangers of what could or might happen in certain situations, leaving them feeling constant fear, frozen with fear, stressed, and overwhelmed.

Anxiety disorders include phobias, panic, social, and generalized anxiety disorders.

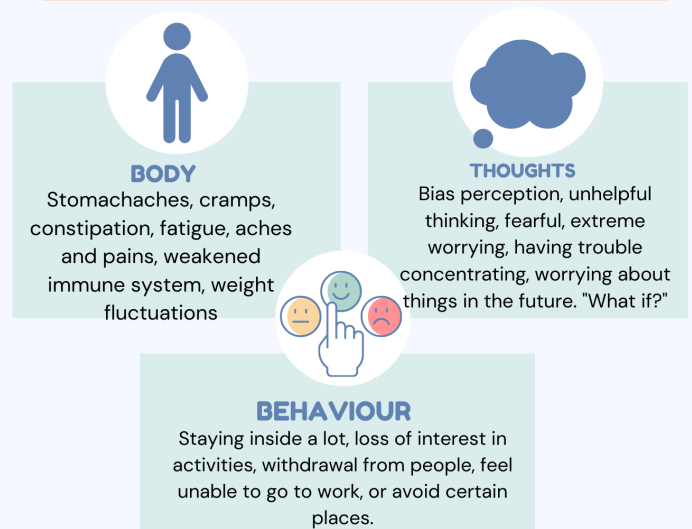
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HAVING ANXIETY IS

NOT

A SIGN OF WEAKNESS

ANXIETY IS A REAL ILLNESS THAT NEGATIVELY AFFECTS HOW YOU THINK, THE WAY YOU FEEL AND HOW YOU BEHAVE



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JOURNEY TO SEEING A THERAPIST



I'm sure these feelings will just go away



I'll avoid situations that give me these feelings



My problem is getting worse



I'll try to control my surroundings better



Everything is getting much worse



I don't feel like myself, everything is getting worse



Relying just on my support network isn't enough



Friends and family tell me that they are concerned



Accept that I need to see a therapist

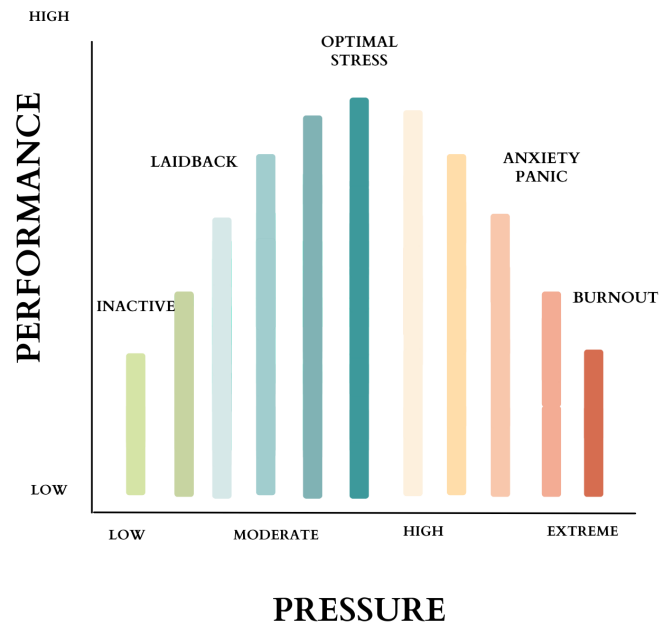
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Therapist **BOOKED**

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THE STRESS CURVE

CHECK IN WITH YOUR STRESS LEVELS BEFORE YOU BURNOUT

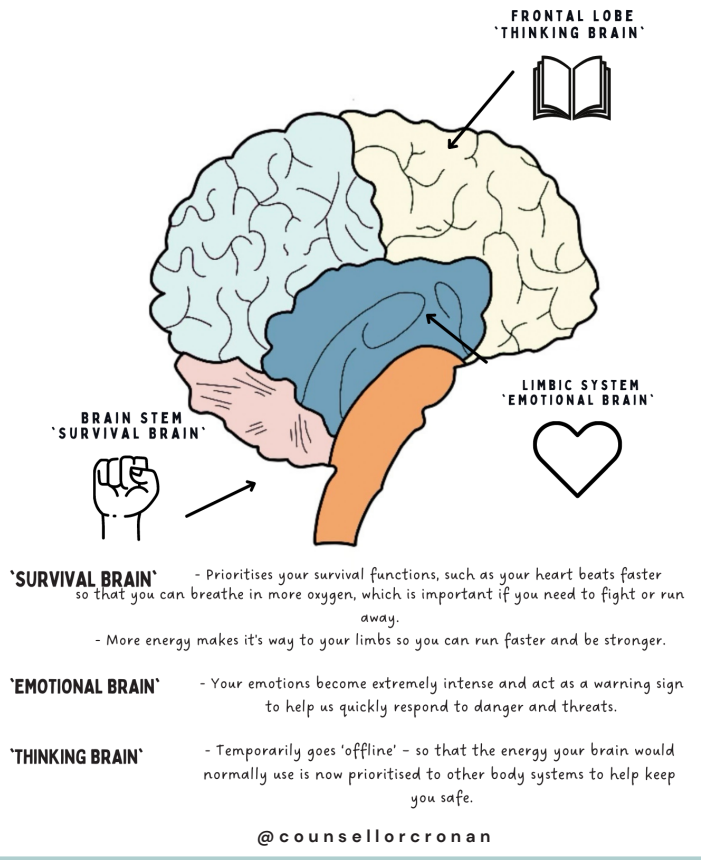


PRESSURE

THE ANXIETY ICEBERG



THE FIGHT OR FLIGHT RESPONSE



WINDOW OF TOLERANCE

HYPERAROUSAL

- Feelings of extreme anxiousness with possible panic attacks.
- Feel overwhelmed and out of control.
- Want to fight or run away.



WAYS TO SHIFT FROM A FIGHT OR FLIGHT STATE

Engage in some mindfulness exercises, recognise the aroused state that you are in. Breathe, pause and slow down. Increase your awareness to your thoughts and body sensations.

CAN'T CALM DOWN

OPTIMAL ZONE

- Feel present, calm and safe.
- In total control.



THINGS THAT CAN EXPAND YOUR WINDOW

- Mindfulness
- Grounding exercises
- Gratitude
- Positive self talk
- Deep breathing

SHUTTING DOWN

HYPOAROUSAL

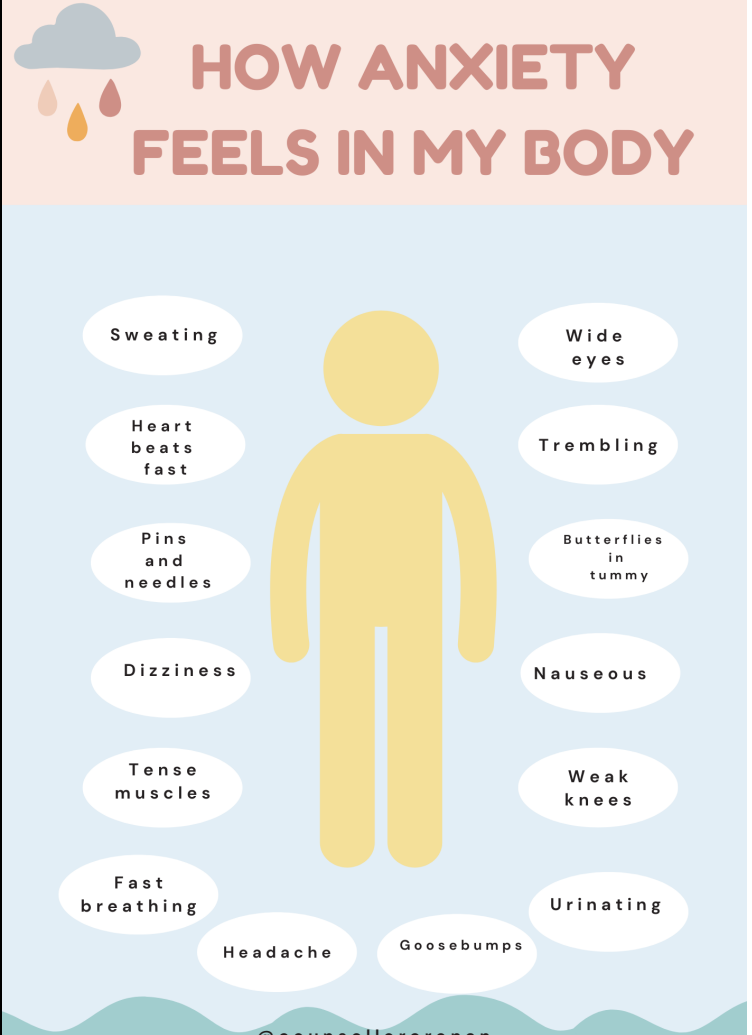
- Feel physically numb and frozen.
- Feel disconnected and zoned out.
- Lethargic and no energy



WAYS TO SHIFT FROM A FREEZE STATE

Notice the sensations of being in this state. Activate the body through physical movement, stimulate your senses and reach and connect with others.

HOW ANXIETY FEELS IN MY BODY



THOUGHT STOPPING TECHNIQUE

S

STOP

Interrupt your negative thinking with the command STOP! and pause with what you were doing.

T

TAKE A BREATH

Practice some deep breathing techniques to slow your heart rate down.

O

OBSERVE

Observe your thoughts, feelings and behavior. How does your body feel?

P

PROCEED

Purposefully and mindfully proceed with your next activity, one step at a time.

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Mental exercises

Name all the objects
that you can see
in the room.

Did you notice anything new?

What do you like about this room?

What do you dislike about this
room?

Find an object in the room and
think about how you would draw it
in your mind.

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RAIN TECHNIQUE

R

Recognize what is happening.

Consciously acknowledge your thoughts, feelings, and behaviors that are affecting you.

"I have butterflies in my tummy and I am feeling nervous"

A

Allow life to be just as it is.

Let your thoughts, emotions, feelings, or sensations that you have recognized simply be there.

Pause and relax your body.

I

Investigate with kindness.

Simply pause and ask, what is happening inside me? How am I experiencing this in my body? Or What am I believing? What does this feeling want from me?

N

Non-identification, you are not the emotion.

Your sense of who you are is not fused with any limiting emotions, sensations, or stories.

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ANXIETY

COPING STATEMENTS

THIS FEELING WILL
PASS

MY ANXIETY DOES
NOT DEFINE ME

I AM SAFE AND
I WILL BE OK

NOT ALL THOUGHTS
ARE TRUE FACTS

I CAN COPE. I AM
STRONG

JUST KEEP BREATHING

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REFRAMING THOUGHTS

Our thoughts determine our behavior. Therefore, it is essential to have positive thoughts. Try and change negative thinking into more positive, productive thinking.

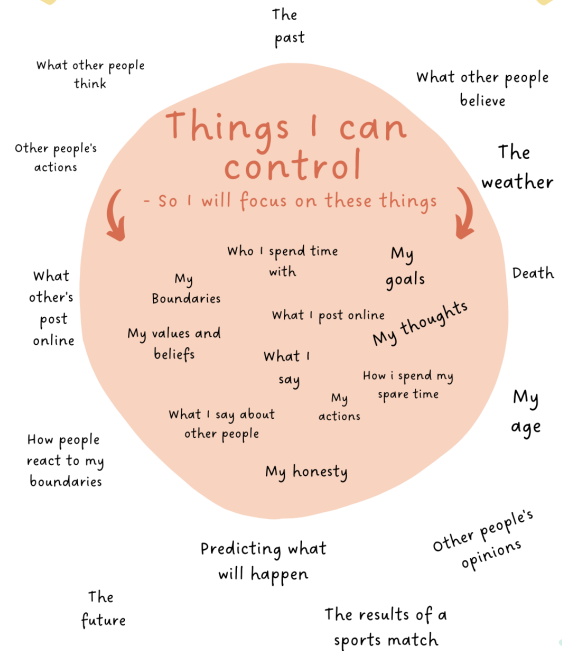
Instead of..	Try..
Everyone is going to stare at me	People might look at me because they like my outfit
What if I make a mistake	
I wont know anyone at the party	
I don't want to do this	
No body at school likes me	
I am a failure	
I am going to come last	

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"Feeling upset about something outside of your control is like sitting on a rocking chair.... It gives you something to do, but it doesn't get you anywhere"

Things I can NOT control

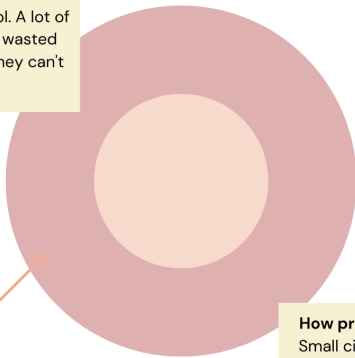
- So I can let Go of these things



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CIRCLE OF CONCERN

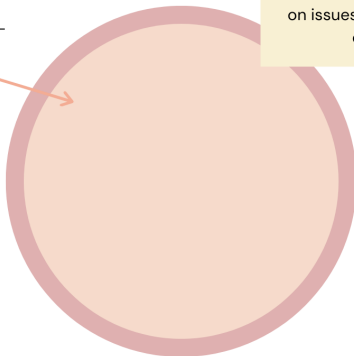
How reactive people act
Large circle of concern and small circle of control. A lot of time and energy is wasted reacting to issues they can't control.



CIRCLE OF CONCERN

CIRCLE OF CONTROL

How proactive people act
Small circle of concern and large circle of control. A lot of time and energy is focused on issues that are in their control.



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Take 5 Breathing

1. stretch your hand out.
2. Get the pointer finger of your other hand ready to trace around your hand.
3. Trace your finger around each finger on the other hand slowly.
4. Whilst you are tracing breathe in through your nose and out your mouth.
5. Keep going until you have traced around your whole hand.
6. Keep repeating until you feel calm again.



ANXIETY COPING STATEMENTS

THOUGHTS ARE NOT FACTS

I AM SAFE IN MY BODY

ANXIETY IS A NORMAL HUMAN EMOTION

I TAKE CARE OF MYSELF

THIS FEELING IS A FALSE ALARM. I AM SAFE

IS THIS THOUGHT IN OR OUT OF MY CONTROL?

I DO NOT NEED TO SOLVE THIS FEELING

ANXIETY IS NOT ALWAYS A SIGNAL THAT SOMETHING IS WRONG

MY BRAVERY IS STRONGER THAN MY FEAR

I CAN FEEL ANXIOUS AND STILL HANDLE THIS

I NEED TO TRUST THE PROCESS. I AM OK

MY FEELINGS ARE NOT ALWAYS RATIONAL

I AM BRAVE

IF I REMAIN CALM I CAN OVERCOME THIS

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Hands and toe awareness

1. Clench your fist. Imagine you are holding a lemon and you are trying to squeeze the juice out of it. Feel the tension in your hand and wrist. Repeat slowly 10 times.

2. Rub both of your hands together quickly, feel the friction between your hands. Can you feel heat? What else can you feel?

3. Place both feet flat on the floor. Wiggle your toes. Feel the sensation. Curl your toes, uncurl your toes. Repeat 10 times whilst trying to curl one toe at a time.

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I am SMART

I am BRAVE

I am STRONG

I can do HARD THINGS

I am LOVED

I am IMPORTANT

I am CAPABLE

I am ENOUGH

I am ME

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SPEAK KINDLY TO YOURSELF

I CAN TAKE CARE OF MYSELF

I AM IN CHARGE OF MY DESTINY

IT'S OK TO MAKE MISTAKES

I'M FLAWED AND STILL FABULOUS

I AM WORTHY OF LOVE

I MAKE PEOPLE SMILE

I BELIEVE IN ME

I AM A GOOD PERSON

TODAY IS MY DAY



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TYPES OF SELF-CARE



- 1 **PHYSICAL** Sleep, stretching, physical activity, healthy eating and rest.
- 2 **EMOTIONAL** Stress management, gratitude, acts of kindness, forgiveness and compassion.
- 3 **SOCIAL** Personal boundaries, support systems, positive social media and spending time with loved ones.
- 4 **SPIRITUAL** Time alone, space, yoga, meditation, mindfulness, connection and nature.
- 5 **PERSONAL** Hobbies, self-identity, doing the things that bring you enjoyment.
- 6 **SPACE** Safety, organization, clean and tidy, security and stability.
- 7 **WORK** Time management, work boundaries, break time and knowledge.

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Neck and shoulder awareness



Sit comfortably and breathe in and out slowly. The aim of this exercise is to notice how each part of your body feels.

Start at the top of your head, can you feel your hair? What does it feel like? Is it rubbing on your face? Have you got a hat on? Can you feel your hair tie?

Start to make your way down to your shoulders, can you feel any tension in your shoulder area? Do you feel tight? Take a deep breath and try to loosen your shoulders and neck. Do a few neck stretches, turn your head to the left and slowly to the right.

Breathe in and out and repeat until you feel calm again.

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Anxiety Scale



ONE	<p>MINIMAL</p> <p>Little feelings of worry, fear, or nervousness. Still able to concentrate and get things done. Little physical symptoms such as heart pounding, and butterflies in the stomach.</p>
TWO	<p>MILD</p> <p>Breathlessness, nausea, headache, muscle tension, heart pounding fast, chest tightness, sweaty, nervous feeling, weak legs, and arms, clumsy, trembling, vomiting</p> <p>Having a sense of impending danger, panic, or doom</p> <p>These thoughts and physiological responses are usually short-lived, and you can quickly move past the thoughts and feelings.</p>
THREE	<p>MODERATE</p> <p>All of the above symptoms plus: Symptoms are more intense and last longer</p> <p>Changes in sleep and appetite. Avoidance of things you used to find enjoyment in, or avoiding places or people that might trigger your anxiety</p> <p>Changes in concentration</p> <p>Fatigued</p>
FOUR	<p>SEVERE</p> <p>All of the above symptoms plus: Thoughts and feelings come from nowhere and interfere with day-to-day life—intense and disproportionate emotional responses. Can't let go of thoughts.</p>
FIVE	<p>DEBILITATING</p> <p>All of the above symptoms plus: Waking up in the middle of the night with anxious feelings. Heart is constantly pounding, nervous and jittery feeling all day. Dissociation</p> <p>Anxious thoughts and feelings have been ongoing for weeks or months.</p>

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5-4-3-2-1

GROUNDING TECHNIQUE

Take a deep breath and identify

- 5 Things you can SEE
- 4 Things you can FEEL
- 3 Things you can HEAR
- 2 Things you can SMELL
- 1 Thing you can TASTE



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PUTTING THOUGHTS ON TRIAL

THE THOUGHT



WHAT IS MY WORRY OR THOUGHT?

THE DEFENCE



WHAT EVIDENCE DO I HAVE THAT MY THOUGHT IS TRUE? FACTS, NOT OPINIONS

THE PROSECUTION



WHAT EVIDENCE DO I HAVE THAT MY THOUGHT IS NOT TRUE?

THE JUDGE'S VERDICT



WHEN I EXAMINE ALL OF THE EVIDENCE, BASED ON THE FACTS, CAN I DECIDE WHETHER MY THOUGHT IS LIKELY TO COME TRUE OR UNLIKELY?

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THINGS TO RELEASE



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Full body stretch

Stand up straight. Place both feet shoulder width apart.

Find your balance.

Slowly stretch your arms up high, imagine you are trying to touch the sky.

Stretch so high that you have to stand on your tippy toes.

Wriggle your finger tips and feel the stretch in you toes, calves, back, shoulders, arms and fingers.

Relax for 10 seconds

Repeat 10 times or until you feel calm again.



DO GOOD
AND GOOD
WILL COME
TO YOU

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ANXIETY TRIGGER CHECKLIST



- | | |
|---|---|
| <input type="checkbox"/> Being left alone | <input type="checkbox"/> Going to new places |
| <input type="checkbox"/> Meeting new people | <input type="checkbox"/> Large crowds |
| <input type="checkbox"/> Watching scary shows | <input type="checkbox"/> Getting in trouble |
| <input type="checkbox"/> School | <input type="checkbox"/> Homework |
| <input type="checkbox"/> Going to the doctors | <input type="checkbox"/> Loud noises |
| <input type="checkbox"/> Public speaking | <input type="checkbox"/> Certain animals |
| <input type="checkbox"/> Parents fighting | <input type="checkbox"/> Watching the news |
| <input type="checkbox"/> Birthday parties | <input type="checkbox"/> Doing a performance in front of others |
| <input type="checkbox"/> Playing sport | <input type="checkbox"/> Making new friends |
| <input type="checkbox"/> Large open spaces | <input type="checkbox"/> Going in a lift |
| <input type="checkbox"/> Being sick | <input type="checkbox"/> Not knowing what the plans are for the day |
| <input type="checkbox"/> Violence | <input type="checkbox"/> Being left out |
| <input type="checkbox"/> The dark | <input type="checkbox"/> Surprises |
| <input type="checkbox"/> Sleeping on my own | |
| <input type="checkbox"/> Trying new food | |

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THOUGHTS ARE NOT FACTS

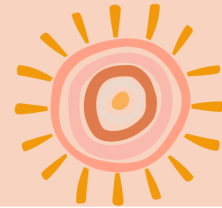
Ask yourself these questions.

Is it absolutely true?

Is my thought 100% accurate?

Is there any other way I could see my thought in a differently?

Is it possible that my emotions are making me believe that my thought is true?



7 RULES OF LIFE

LET IT GO

Let go of what happened in the past, focus on what you can control.

IGNORE THEM

Ignore people that bring you down. Listen to the people that empower you.

GIVE IT TIME

Healing takes time, everyone's path is different. Healing is not linear.

DON'T COMPARE

Comparison is the thief of joy.

STAY CALM

It's ok not to feel ok, but stay calm and in the end it will all work out.

IT'S ON YOU

Don't let anyone control your destiny, your future is on you.

SMILE

Smile so much that your mouth hurts, life is too short not to be smiling.

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ALWAYS BELIEVE THAT SOMETHING WONDERFUL IS ABOUT TO HAPPEN

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**I CAN'T CONTROL
ANYONE ELSE
BUT I CAN CONTROL
MYSELF**

My Boundaries	My actions
My honesty	My goals
My values and beliefs	My thoughts
How I treat others	How I treat myself



**THIS IS A
SAFE SPACE**



**TO BE
WHO YOU
ARE**

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COGNITIVE DISTORTIONS

Mental Filter

Only paying attention to some types of evidence.
Focusing on your failures while avoiding to see your success.

Catastrophizing

Only seeing the worst possible outcome of an event or situation. As a result, worries become escalated, and thoughts become exaggerated.

Jumping to conclusions

Assuming that you know what other people are thinking.

Predicting the future.

Overgeneralizing

The process of concluding that just because something happened to you once before, it will occur over and over again. It is negative thinking based on only 1 or 2 experiences.

Emotional Reasoning

Believing that just because you feel a certain way then justifying that your thoughts must then be true.

Black and White

Seeing things as either good or bad, right or wrong or all or nothing. Black and white thinking is the tendency to think in extremes. It causes you to think of everything you do in terms of success or failure.

Labelling

Putting labels on yourself and others.

- "I'm unloveable"
- "They are an idiot"

Should Statements

Believing that things should be a certain way. Using 'should', 'must' or 'ought' statements directed at yourself. This thinking results in feelings of guilt, shame and self-loathing.

Blaming

Placing the blame on others instead of owning up to your mistakes or sharing the responsibility. Taking on the victim mentality.

Personalization

Taking things personally and thinking that what other people do is a result of your own actions. You may blame yourself for things that were totally out of your control.

SELF-CARE LOOKS LIKE



Spending time with family and friends



Removing toxic connections



Setting boundaries



Therapy sessions



Healthy eating



Being in nature



Mindfulness



Exercising



Affirmations and journaling

4 - 7 - 8



Breathing

INHALE
THROUGH
YOUR NOSE
FOR 4
SECONDS

EXHALE
THROUGH
YOUR MOUTH
SLOWLY FOR
8 SECONDS

HOLD FOR
A COUNT
OF 7

REPEAT 4 TIMES

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Mental exercise

spell your name
backward. Then
spell all of your
family members'
names backward.

Count backward
from 100.

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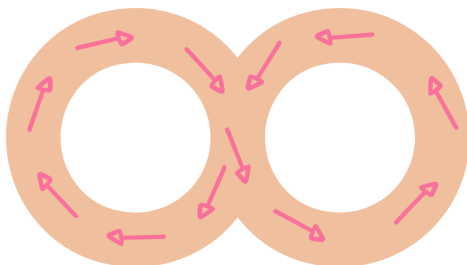
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Tracing

Trace the figure eight with your finger.

Breathe in and out slowly as you trace
around the figure eight.

Breathe in through your nose and out
through your mouth.



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GROWTH MINDSET

Change your mindset - change your life

FIXED

I DON'T THINK
I CAN DO IT

I DON'T KNOW
HOW TO DO IT

I DON'T LIKE
CHALLENGES

THIS IS TOO
HARD

I'M NOT SMART
ENOUGH

I ALWAYS MAKE
MISTAKES

FLEXIBLE

I'LL KEEP
TRYING

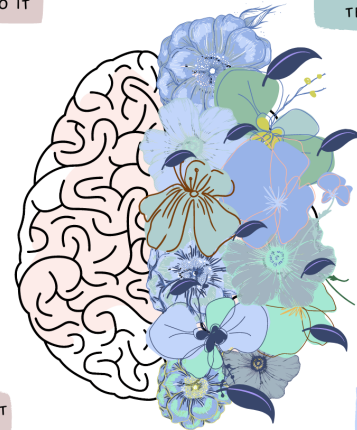
I'LL FIGURE OUT
A DIFFERENT
WAY

CHALLENGES
HELP ME GROW

IF I KEEP
PRACTICING, IT
WILL GET EASIER

I'LL GIVE IT MY
BEST EFFORT

I CAN LEARN
FROM MY
MISTAKES



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CHALLENGING NEGATIVE THOUGHTS

AM I MAKING
ASSUMPTIONS?

IS THERE ANOTHER
WAY TO LOOK
AT IT?

ARE THERE ANY
OTHER POSSIBLE
OUTCOMES?

IS THERE
EVIDENCE FOR
THIS WORRY?

WHAT ADVICE
WOULD I GIVE
TO A FRIEND?

IS THIS WORRY
IN OR OUT OF
MY CONTROL?

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Practice Gratitude

Name one good thing that happened today.

A relationship I am grateful for is...

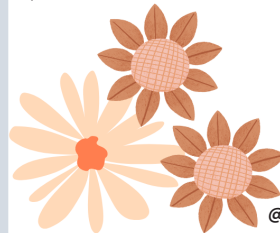
A strength of mine is...

An experience I am grateful for is...

A place I am thankful for...

A food I am grateful for..

Something in nature I am thankful for...



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DEFENSE MECHANISMS



COMPENSATION

Strengthening one aspect of yourself to hide another



DENIAL

Refusing to accept a negative behavior in yourself



DISPLACEMENT

Taking strong feelings out on someone else



IDENTIFICATION

Unconsciously developing another person's behavior pattern



INTROJECTION

Conforming feelings to seek approval



PROJECTION

Ascribing your own negative qualities and faults onto others



RATIONALIZATION

Excusing and justifying your behavior



REACTION FORMATION

Behaving in a way that is opposite to your true feelings



REGRESSION

Using previous developmental behaviors to cope with stress



REPRESSION

Suppressing unwanted thoughts and urges from your consciousness



RITUAL & UNDOING

Covering up a negative behavior with something positive

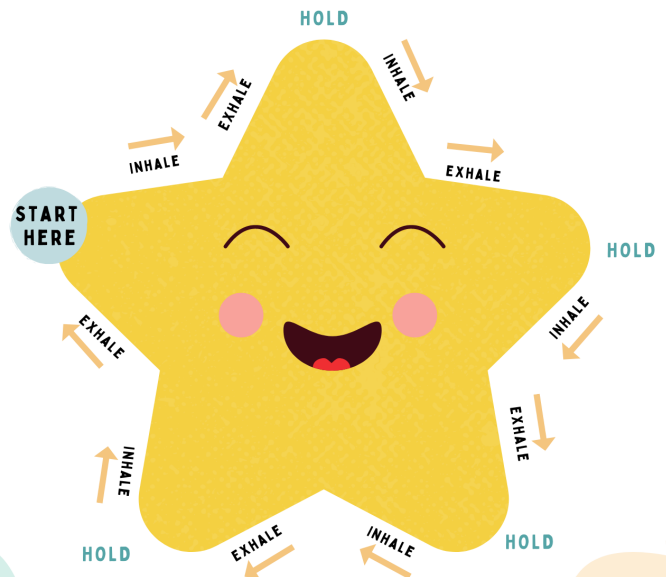


SUBLIMATION

Diverting a negative behavior into something more positively acceptable

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STAR BREATHING



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Visualize your favourite place

What do you see?

Where is it?

What can you hear?

What can you smell?

Who is there?

What is it that you like so much about this place?

When did you go there?

When will you be going back?

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Close your eyes and imagine you are holding a feather.

Breathe in slowly and fill your belly with as much air as you can.

Blow out slowly through your mouth and watch the feather float away.

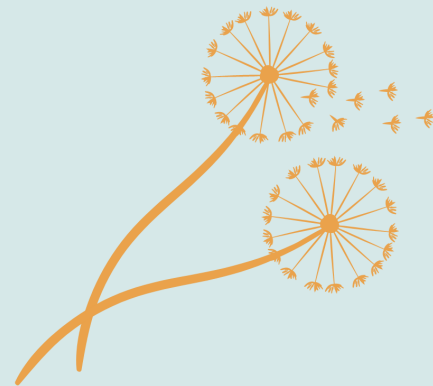
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RAINBOW GROUNDING TECHNIQUE

Take a deep breath and identify all of these colours in order



Have a look around. How many items could you find?



Imagine you are holding a flower.

Breathe slowly in through your nose and smell the fresh air.

Breathe out slowly through your mouth and watch the petals fly off the flower.

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Emotional Surfing

LEARNING HOW TO RIDE THE WAVE

NOTICE:

Notice how you feel?

ALLOW AND RELEASE:

Release judgements of struggles with thoughts. Breathe deeply.



NAME:

Name the emotion? What words describe it?

INVESTIGATE:

How intense is it? How are you breathing? How do you feel inside your body?

ACCEPT:

Accept the emotion. What prompted it? Just let the feeling be.

EMOTIONAL REMINDERS

Emotions are like waves, they can be strong and powerful, but they eventually pass.

Surf your emotions with mindfulness, where you watch your breath and notice your thoughts without judgment.

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SELF CARE CHECKLIST

- EAT 3 HEALTHY MEALS
- 7+ HOURS OF SLEEP
- DRINK FRESH WATER
- GET FRESH AIR
- PRACTICE MINDFULNESS
- WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR
- BRUSH YOUR TEETH
- HAVE A WARM SHOWER
- MAKE YOUR BED
- READ A BOOK
- LISTEN TO MUSIC
- SPEND TIME WITH FRIENDS
- DECLUTTER A SMALL SPACE
- HAVE A SOCIAL MEDIA DETOX
- ASK FOR A HUG
- SPEND TIME WITH FAMILY
- DO A HOBBY
- WRITE IN YOUR JOURNAL
- SAY 5 THINGS YOU LOVE ABOUT YOURSELF
- DO SOME EXERCISE
- WASH YOUR HAIR
- HAVE A CUPPA
- DO NOTHING- ENJOY THE PEACE
- TRY SOMETHING NEW
- DO SOME COLOURING IN
- MAKE YOUR FAVOURITE FOOD

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CHALLENGING NEGATIVE THOUGHTS

AM I MAKING ASSUMPTIONS?

IS THERE ANOTHER WAY TO LOOK AT IT?

ARE THERE ANY OTHER POSSIBLE OUTCOMES?

IS THERE EVIDENCE FOR THIS WORRY?

WHAT ADVICE WOULD I GIVE TO A FRIEND?

IS THIS WORRY IN OR OUT OF MY CONTROL?

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HOW TO RECOGNIZE ANXIETY IN YOURSELF AND OTHERS



Memory issues



Avoidance



Headaches



Insomnia



Needing reassurance



Procrastination



Rapid heartbeat



Lack of patience



Overthinking



Sweating



Stomach issues



Constant worrying

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Mental exercises

Name everything about your family members including their age, hair, eyes, hobbies, work, interest and anything else that you can think of.

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ANXIETY

GROUNDING TECHNIQUE

FOCUS ON YOUR BREATHING, THEN IDENTIFY

5 THINGS YOU CAN SEE



2 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



4 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE



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MY ANXIETY DOES NOT DEFINE ME

ANXIETY COPING STATEMENTS

THIS FEELING WILL PASS

MY ANXIETY DOES NOT DEFINE ME

I AM SAFE AND I WILL BE OK

NOT ALL THOUGHTS ARE TRUE FACTS

I CAN COPE. I AM STRONG

JUST KEEP BREATHING

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FIND THE LETTERS IN YOUR NAME

Start with the first letter of your name.

Look around the room and find as many items as you can that start with that letter.

Repeat with all the letters in your name.

Which letter had the most items?

Repeat with your middle and last name until you feel calm again.

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THINGS THAT CAN TRIGGER YOUR TRAUMA

Sounds

Hearing certain music or sounds that remind you of past trauma

People

Being around people that are linked to or have similarities related to your trauma

Thoughts

Certain memories or thoughts can bring back old trauma

Situations

Being in a situation that makes you feel unsafe

Feelings

Just feeling pain unrelated to your trauma can be enough to re-trigger your trauma

Smells

Certain smells are strongly linked to our memories

Places

Places that have similarities to where the trauma took place

Death

The death of anyone involved in the trauma can re-trigger pain

Media

Seeing something on social media, movie scenes or news reports that are similar to your trauma

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I CAN BE CALMER

FOLLOW THESE STEPS TO HELP COOL DOWN

C

CAN YOU EXPLAIN HOW YOU ARE FEELING?

A

ASK YOURSELF. WHAT AM I UPSET ABOUT? IS THIS A BIG OR LITTLE PROBLEM?

L

LISTEN TO YOUR BODY. WHAT ARE YOU FEELING?

M

MAKE A LIST OF ALL THE THINGS THAT MAKE YOU HAPPY

E

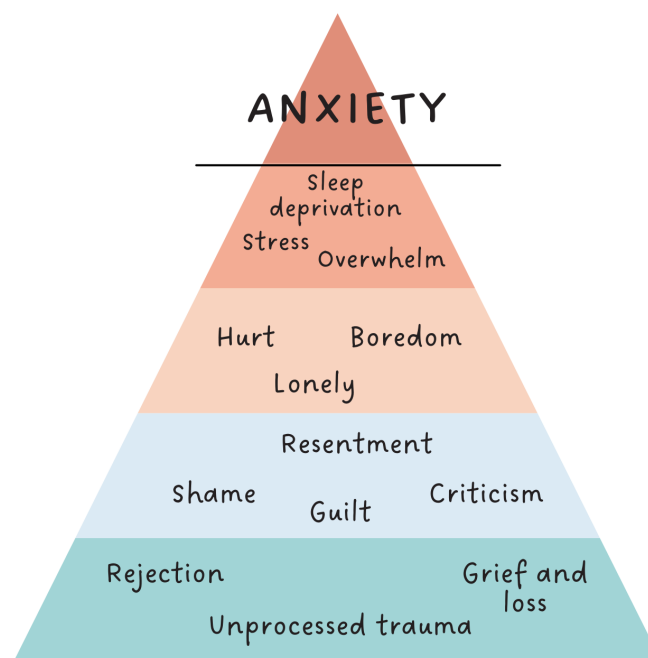
EVERYONE GETS UPSET OR WORRIED FROM TIME TO TIME AND THAT IS OK

R

REMEMBER HOW YOU OVERCAME THIS FEELING LAST TIME. YOU ARE CAPABLE

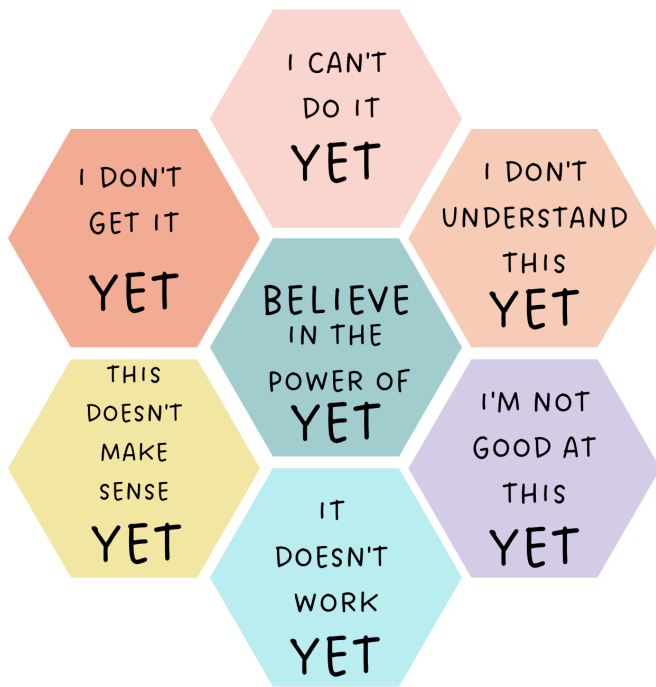
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THE ANXIETY PYRAMID



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THE POWER OF YET



THE STAGES OF behavioral change

PRE - CONTEMPLATION



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GROUNDING TECHNIQUE CATEGORIES

IN YOUR MIND TRY AND NAME AS MANY THINGS AS YOU CAN FROM EACH CATEGORY FOR 30 SECONDS

- | | | |
|---------|------------|-----------|
| MOVIES | FRUIT | COUNTRIES |
| SINGERS | COLORS | TV SHOWS |
| SPORTS | VEGETABLES | SHAPES |

DO YOU FEEL CALMER?

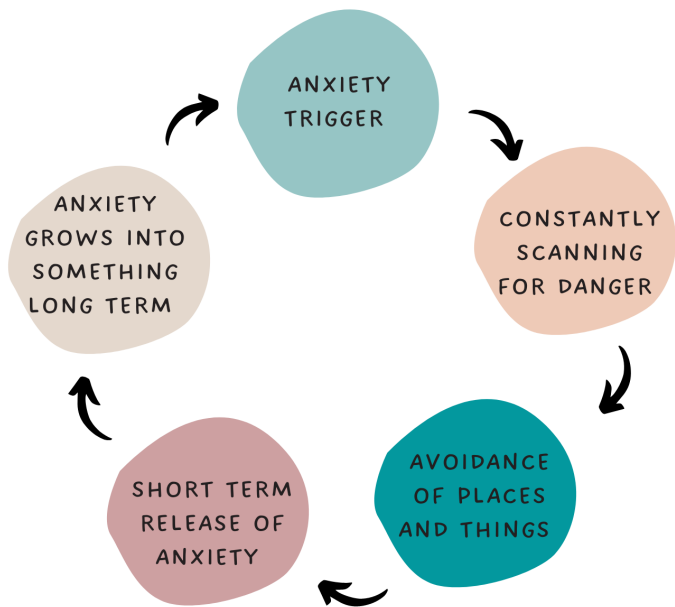
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MENTAL HEALTH MATTERS



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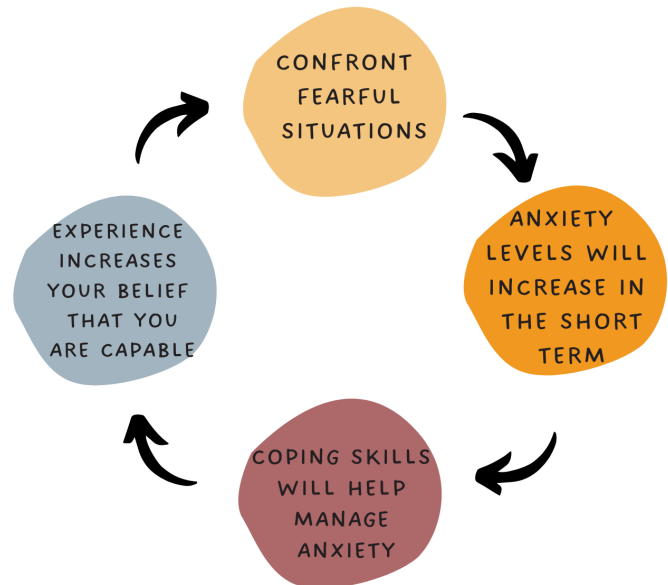
UNDERSTANDING THE ANXIETY CYCLE



"You need to understand the cycle in order to break the cycle"

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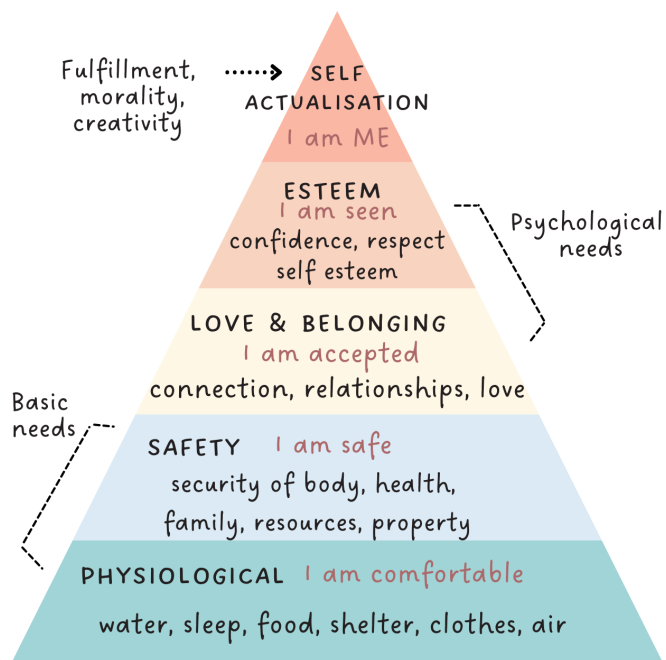
REVERSING THE ANXIETY CYCLE



"I am capable of confronting my fears and breaking my anxious cycle"

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MASLOW'S HIERARCHY OF NEEDS



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THE HAPPY CHEMICALS

AND HOW TO ACCESS THEM

Dopamine

THE REWARD CHEMICAL

- Completing a task
- Eating food
- Doing self-care activities
- Celebrating small wins
- Achieving goals

Oxytocin

THE LOVE HORMONE

- Playing with a pet
- Physical affection
- Give a compliment
- Do something nice for someone
- Hugging your family

Serotonin

THE MOOD STABILIZER

- Meditate
- Swimming
- Walk in nature
- Spend time in the sun
- Mindfulness activities

Endorphin

THE PAIN KILLER

- Laugh
- Watch a funny movie
- Eat dark chocolate
- Essential oils
- Exercise

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CHECK IN

HOW ARE YOU FEELING?

BREATHE

Take 5 deep breaths in and centre yourself.

FEEL

Check in with your body and mind.
How are you feeling today?

THANK

Name 3 things you are grateful for?

AFFIRM

Take a moment to say 5 nice things that you like about yourself.

NEED

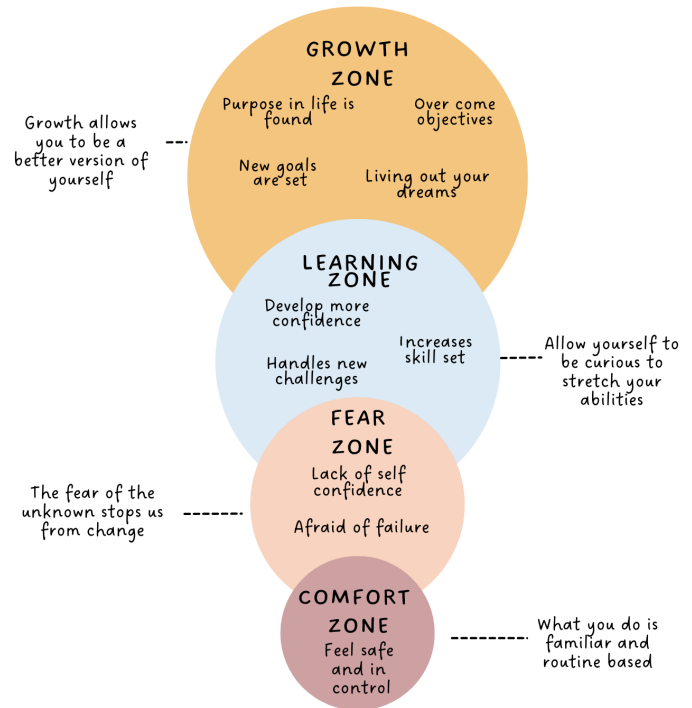
What do you need in order to make yourself feel better?

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COMFORT ZONE

VS

GROWTH ZONE



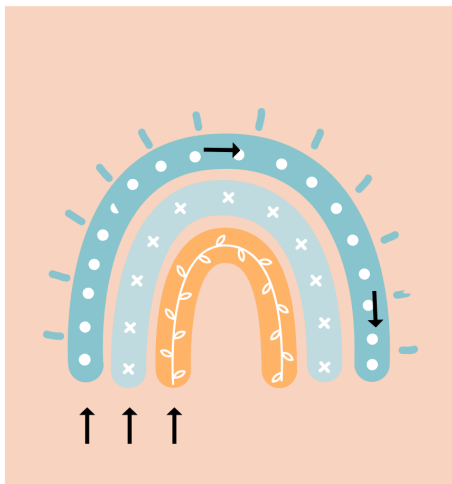
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MINDFUL MINUTE

START HERE

INHALE FOR 5 SECONDS

INHALE FOR 5 SECONDS



EXHALE FOR 5 SECONDS

HOLD FOR 5 SECONDS

COUNSELLOR
CRONAN

IT IS OK TO

NEED HELP

BE DIFFERENT

HAVE FEELINGS

BE YOURSELF

TALK TO SOMEONE

NOT BE OK

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