**Managing Anticipatory Anxiety: Quick Strategies**

**1. Worst-Case, Best-Case, Most-Likely Exercise**

* Ask yourself:
  + What is the *worst* realistic outcome?
  + What is the *best* possible outcome?
  + What is the *most likely* outcome?
* This helps you balance your thinking and recognize that your mind might be overestimating the threat.

**2. Scheduled "Worry Time"**

* Choose a specific time each day (e.g., 6 PM) to allow yourself 10-15 minutes to think about worries.
* Outside of this time, if a worry pops up, tell yourself: "I'll save that for my worry time."
* This practice helps contain anxiety so it doesn't spill into your entire day.

**3. Create an "Anxiety Plan"**

* Write down a simple plan for what you will do if anxiety shows up.
* Example steps:
  + Use a calming strategy (deep breathing, grounding, movement).
  + Remind yourself: "I have gotten through this before."
  + Engage in a soothing, low-pressure activity if needed.
* Having a plan creates a sense of control and reduces fear of the unknown.

**4. Normalize the "First Wave" of Anxiety**

* Understand that the first wave of anxiety is often the most intense.
* It's natural and tends to peak and fall even without doing anything.
* Remind yourself: "This first wave is expected. It will pass."

**5. Build a "Positive Evidence Log"**

* Each day, write down one thing you handled well, even if it was imperfect.
* This practice strengthens your brain's focus on resilience and capability, not just on fear.

**Key Reminder:**

You don't have to eliminate anticipatory anxiety completely. Managing it is about creating a plan, noticing when it rises, and trusting your ability to move through it.

**You are capable. You have tools. You are not alone.**