

TIPS FOR DEALING WITH ANXIETY



Problem solve: What are you most afraid will happen? What would you do if it did?



Name: Name the feeling. Is it fear? Sadness? Hurt?



Feel: Feel the feeling. Say “yes” to it instead of denying it or wishing it felt differently.



Relax: Meditate. Visualize.



Schedule: No time to fret now? Put “worry” on your schedule so it knows you will get to it later.



Focus: Focus on bodily sensations. Where do you feel the emotion in your body?



Shelve: Need to stop obsessing? Visualize putting your feelings in a box and storing it away.



Affirm: Use affirmations or sayings that work for you.



Dispute: Is it true? Is it realistic?