

Be still, Be calm, Be in control

ANXIETY SELF HELP GUIDE

Let your mind rest and relax with a few easy techniques



CREATED BY CHLOE GOSIEWSKI

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ANXIETY

Taking back your power...



Anxiety is your body's natural response to stress. When we face a situation which we perceive to be potentially harmful or feel will cause danger to us or our way of life, then our instinctual kickback is to experience worrying triggers and feelings of anxiety.

These are not only normal but necessary for survival. Over the years, as humans our reasons for experiencing anxiety have changed greatly. In the past we would have felt danger and fear as a result of an attack from a predator. In an article by Medical News Today, they state...


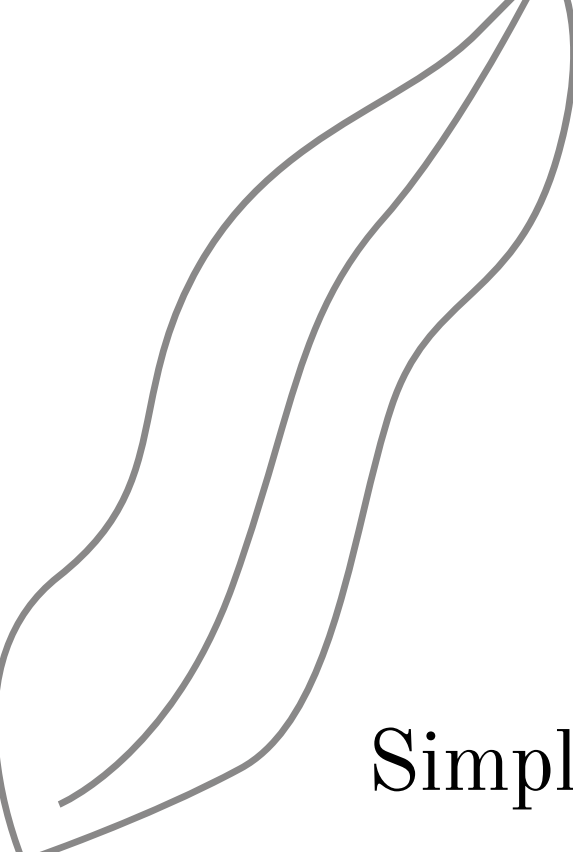
“The danger causes a rush of adrenalin, a hormone and chemical messenger in the brain, which in turn triggers these anxious reactions in a process called the “fight-or-flight” response. This prepares humans to physically confront or flee any potential threats to safety.”

Whereas today, our survival is predominantly based around work, family and relationships, social and finances. Anything that can cause disruption to any of these areas can be perceived as a threat can cause you to react in survival mode.

This workbook aims to help to understand...

- What is Anxiety?
- Symptoms of Anxiety and Anxiety Disorder.
- Understand the difference between Anxiety and Anxiety Disorder.
- Learn Anxiety reducing techniques.
- Resources. Where to find professional help.





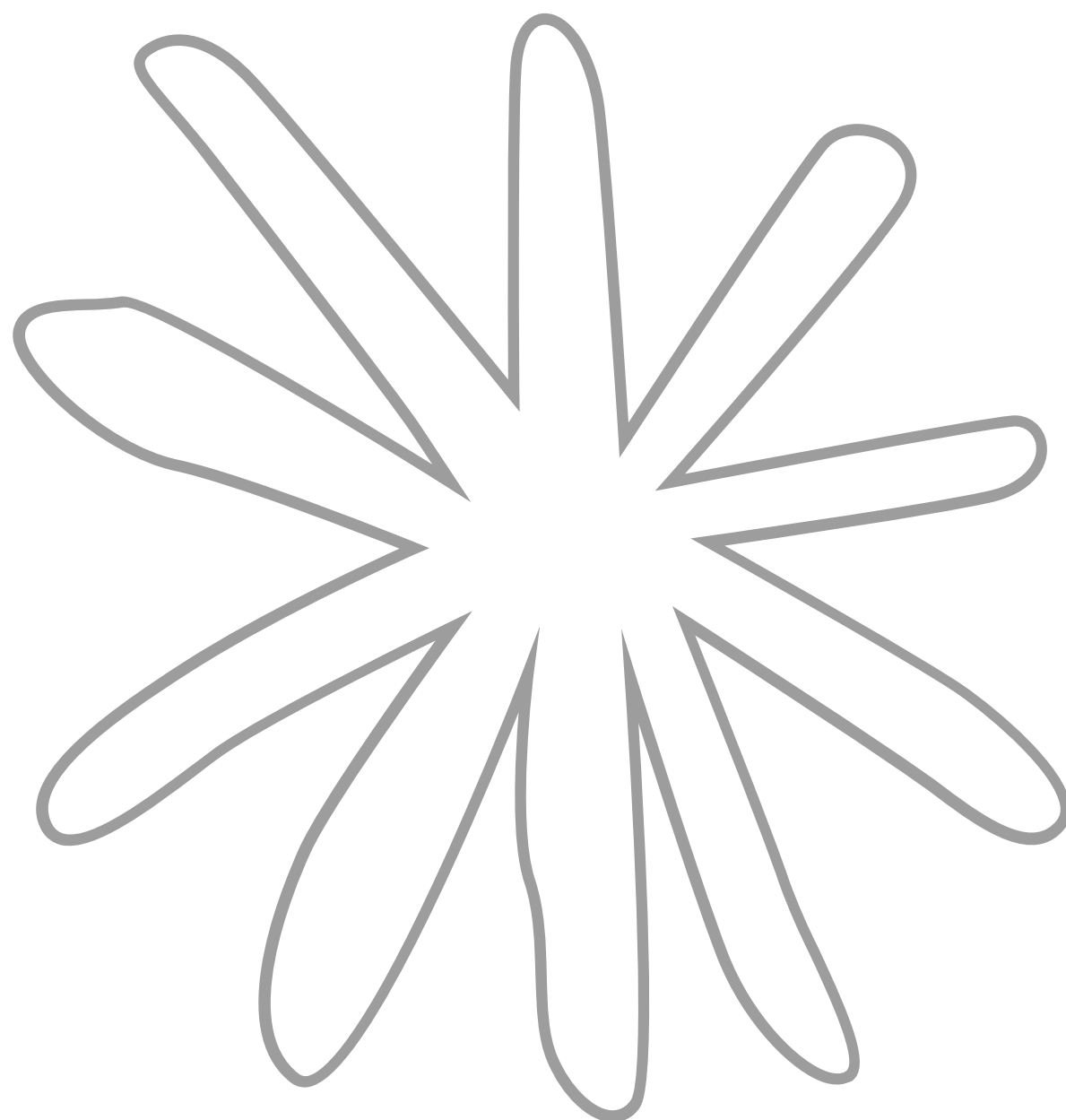
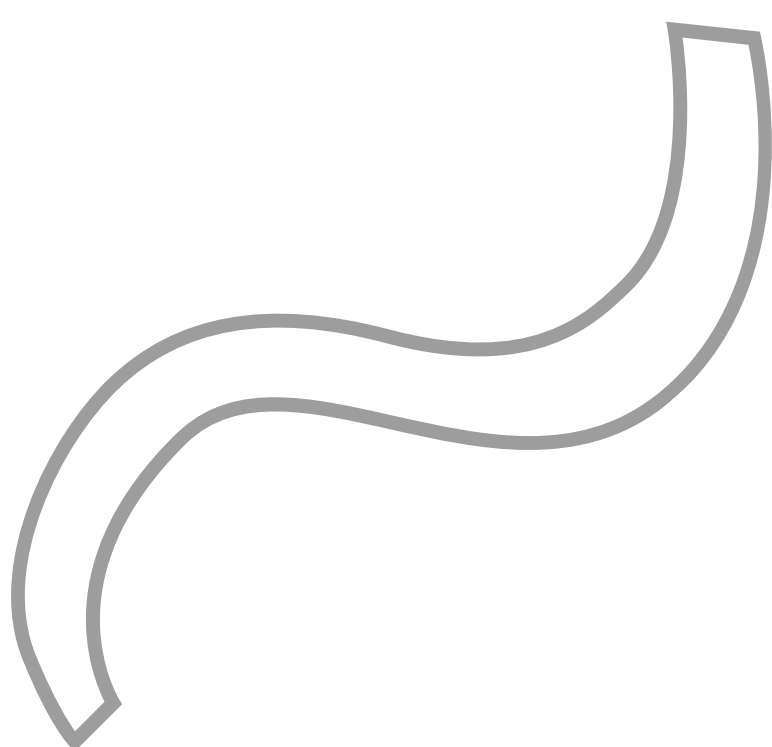
Simply put, anxiety is unhelpful thinking patterns that we experience when our mind is fixated on threat, uncertainty and/or negativity. Anxiety is commonly felt through both mental and physical symptoms and feels differently for each person.

Anxiety can occur on its own, as a response to a perceived threat, as a response to stress, or it can trigger stress. It's really important to know and understand that you cannot stop it happening, because it is your brain's automatic survival mechanism. What really matters and will ultimately become invaluable to you, is learning how to respond to anxiety helpfully, so that you don't get carried away by it.

~

“You don't have to control your thoughts. You just have to stop letting them control you.”

Dan Millman



SELF HELP GUIDE

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ANXIETY IS

- It is your natural fear response on overload.
- It is a subconscious pattern that runs through your body, mind and nervous system.
- It is a series of patterns that can be broken.
- It is a condition (not a disease).
- It is absolutely possible to recover from and you can learn how to manage it in a healthy way.

SYMPTOMS OF ANXIETY

- Increased heart rate
- Sweating
- Rapid breathing
- Restlessness
- Increased awareness of immediate surroundings
- Bursts of energy
- Trouble concentrating
- Difficulty falling asleep

WHAT CAN ANXIETY FEEL LIKE?

You may feel like you are standing in the middle of a crumbling building with nothing but an umbrella to protect you.

You could be doing 100 miles per hour on a merry-go-round with no way of slowing it down.

It could feel like butterflies in your stomach or your heart is racing.

You may experience nightmares, panic, painful thoughts and memories that you feel you cannot control.

General feelings of fear and worry, or you may just fear a specific event.

ANXIETY SELF HELP AT HOME

BY CHLOE GOSIEWSKI

Anxiety vs Anxiety Disorder

Experiencing Stress and Anxiety are normal responses for most people and in most cases it can be self-managed.

Knowing the difference between normal feelings of Anxiety and an Anxiety Disorder can be really helpful in identifying and seeking treatment for your condition.

Anxiety becomes an Anxiety Disorder when the cause of the Anxiety has been removed but the responses remain. For example, you may experience Anxiety as a result of a pending bill that needs to be paid or you are due to start a job or take a test of some kind, or any other specific event that has triggered your Anxiety response.

A FEW TYPES OF PSYCHOLOGICAL TREATMENTS THAT ARE USED FOR ANXIETY ARE

- Cognitive Behavioural Therapy (CBT)
- Psychodynamic Therapy
- Interpersonal Therapy
- Rational Emotive Behaviour Therapy (REBT)
- Exposure Therapy
- Integrative Approach

Anxiety becomes an Anxiety Disorder when the following things are happening...

If the Anxiety is present on most days of the person's life and has been experienced for a prolonged period of time, then it is likely that it has become an Anxiety Disorder and the individual should seek professional medical help from their doctor or self-refer to a psychotherapist or counsellor in private practice.

Anxiety tends to be, for the most part, manageable, whereas an Anxiety Disorder is intense and even 'out of control'. It never really goes away and can be viewed as irrational and affect the person's day to day life. The Anxiety may be so intense that it causes family, work and social problems.

If the person is having a severe response to things that should not be a 'big deal' then it is likely that the Anxiety has become a Disorder. Normal Anxiety tends to be centred around a certain situation, however an Anxiety Disorder can lead to worrying about everything.

The inability to 'get it under control'. If you feel like you may have an Anxiety Disorder then we urge you to contact your doctor or seek professional help from a psychotherapist.

Please see the resources page at the end of this guide for information on where to find professional help, outside of the NHS.

ANXIETY REDUCING TECHNIQUES

Mindfulness

Meditation

The
'How I feel'
tool

The
Think
tree

Breathing
Exercises

Positive
Self Talk

Progressive
Muscle
Relaxation

Befriend
your
Anxiety



What is Mindfulness?

Being Mindful is when you purposely bring attention to experiences occurring in the present moment without judgment. This includes being mindful of your own thoughts and feelings. When you bring your attention to what it is you are thinking, you are able to, at that moment, take full control of your Anxiety.

1. What are you feeling?
2. Why are you feeling this way?
3. What is actually happening around you right now?
4. What can you do to help you to feel better?

Doodling, drawing and colouring are great ways to bring your attention to the moment. It also helps to set an intention at the start of each day to be mindful and aware of where you are in the now and what is around you, sights, smells and sensations.



Meditation

Meditation has so many positive effects on our lives and meditating for even just ten minutes a day can have a profound impact on your health and wellbeing. You can listen to a guided meditation which will help to calm your mind and bring you into a deep place of inner peace.

Mediation not only improves your anxiety in the moment, but when practised every day, it has a profound and long-lasting impact on how you feel in general.

How Am I Feeling?

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Today I feel.....

Excited	Annoyed	Scared	Despair	Worried
Angry	Relieved	Sick	Confident	Bored
Happy	Stressed	Nervous	Mad	Grateful

I am feeling this way because

This is how I would like to feel

What can I do to make me feel better?

NATURE HELPS US TO HEAL

THE THINK TREE

WHEN YOU FEEL ANXIOUS, TAKE YOURSELF TO THE THINK TREE AND USE THIS WONDERFUL TECHNIQUE TO HELP YOU REBALANCE AND FIND INNER CALM.

CLOSE YOUR EYES AND TAKE A FEW DEEP BREATHS IN. RELAX YOUR WHOLE BODY FROM HEAD TO TOES, AND IMAGINE IN YOUR MIND, THAT YOU ARE STANDING BESIDE A BEAUTIFUL, STRONG TREE.

THE TREE CAN BE ANY TYPE OF TREE THAT YOU LIKE, THIS IS YOUR VERY OWN PERSONAL, UNIQUE TREE. TAKE A SEAT ON THE GROUND WITH YOUR BACK RESTING AGAINST THE TREE AND FEEL THE ENERGY FROM THE EARTH AND THE TREE FLOW INTO YOUR BODY, RESTORING AND HEALING YOU AS IT DOES. THEN, JUST ASK YOURSELF TO SIMPLY THINK.



Think about how you are feeling and what you are thinking and ask yourself the following questions - is it:

True? – Is this thought true? Or could it be untrue? Ask yourself, what are the facts, and what is your opinion?

Helpful? – Is paying attention to this thought helping you or other people right now?

Inspirational? – Does this thought inspire you or does it have the opposite effect?

Necessary? – Is it important for you to focus on this thought at this time? Is it necessary, do you need to act on it?

Kind? – Is what you are thinking right now kind? If not, what would be a kinder thought that you can replace it with.

You can use this technique to promote a sense of relaxation and to also challenge your cognitive thought pattern.



Breathing Exercises

01

4-7-8

The 4 - 7 - 8 is a wonderful exercise to instantly calm anxiety. Close your mouth and inhale deeply through your nose to a mental count of four. Hold your breath for a count of seven and then exhale completely through your mouth to the count of eight. Repeat this for between 3 - 6 breaths.

02

Balloon Breathing

Imagine that there is a balloon in your belly. As you take a deep breath in, you can feel the balloon filling up with air. Keep breathing in until your balloon is nice and big and then take one last big breath in and as you exhale, push the air out through your mouth completely, and as you do, feel the balloon get smaller and smaller.

03

Breath movement.

Breathe in deeply and feel the air travel travel all around your body. Each breath moves along through your arms, your abdomen, hips, legs and feet. Then, as you exhale, imagine all of the worry and fear is being released from your body. As each breath moves through the body, it collects with it all the tension and anxiety and through the exhalation, it is pushed out.

04

Focus

A simple breathing exercise is simply sitting and focusing on your breathing. Bring your whole attention to each inhalation and each exhalation. If you feel your mind start to wander, simply acknowledge the thought and bring your attention and focus back to your breathing. This is a meditative type of breathwork that is simple, yet so powerful.

POSITIVE SELF TALK

Is what I am saying to myself kind and nurturing?

What can I say to myself that is kind and nurturing?

Make a habit of using positive self-talk.

Self-talk refers to internal dialogue, or statements a person will say to themselves. Negative self-talk will ultimately lead to negative feelings and positive self-talk leads to positive feelings. Sometimes we talk to ourselves in ways that we would never dream of speaking to, to another person. Yet, here we are, self-doubting and bullying our very selves.

Start making positive language a habit and to do this, the easiest way is to use pieces of paper or lists, that you can place around in prominent places, like in front of the computer, on the inside of the front door, next to the sink in the kitchen and bathroom or in your car. Everytime you see them you will be prompted to say something nice and positive and over time, this will form into a new habit!

PROGRESSIVE MUSCLE RELAXATION

When you tense and relax the muscles throughout your entire body, you are able to achieve a wonderful feeling of relaxation. Progressive muscle relaxation will help you spot anxiety by teaching you to identify feelings of muscle tension within your body.

Sit or lie down in a comfortable position. For each area of the body below, you will need to tense your muscles tightly, but be careful to push to the point of strain. Hold the tension for 10 seconds, and pay close attention to how it feels. Then, release the tension and allow the area to relax fully and deeply.

1. Feet - Curl your toes tightly into your feet, then release them.
2. Calves - Squeeze the calves muscles, then let them relax.
3. Thighs - Squeeze your thighs together tightly, then let them relax.
4. Tummy - Suck in your abdomen, then release the tension and let it fall.
5. Back - Squeeze your shoulder blades together, then release them.
6. Shoulders - Lift and squeeze your shoulders toward your ears, then let them drop.
7. Arms - Make fists and squeeze them toward your shoulders, then let them drop.
8. Hands - Make a fist by curling your fingers into your palm, then relax your fingers.
9. Face - Scrunch your facial features to the center of your face, then relax.
10. Full Body - Squeeze all muscles together, then release all tension, repeat this twice.

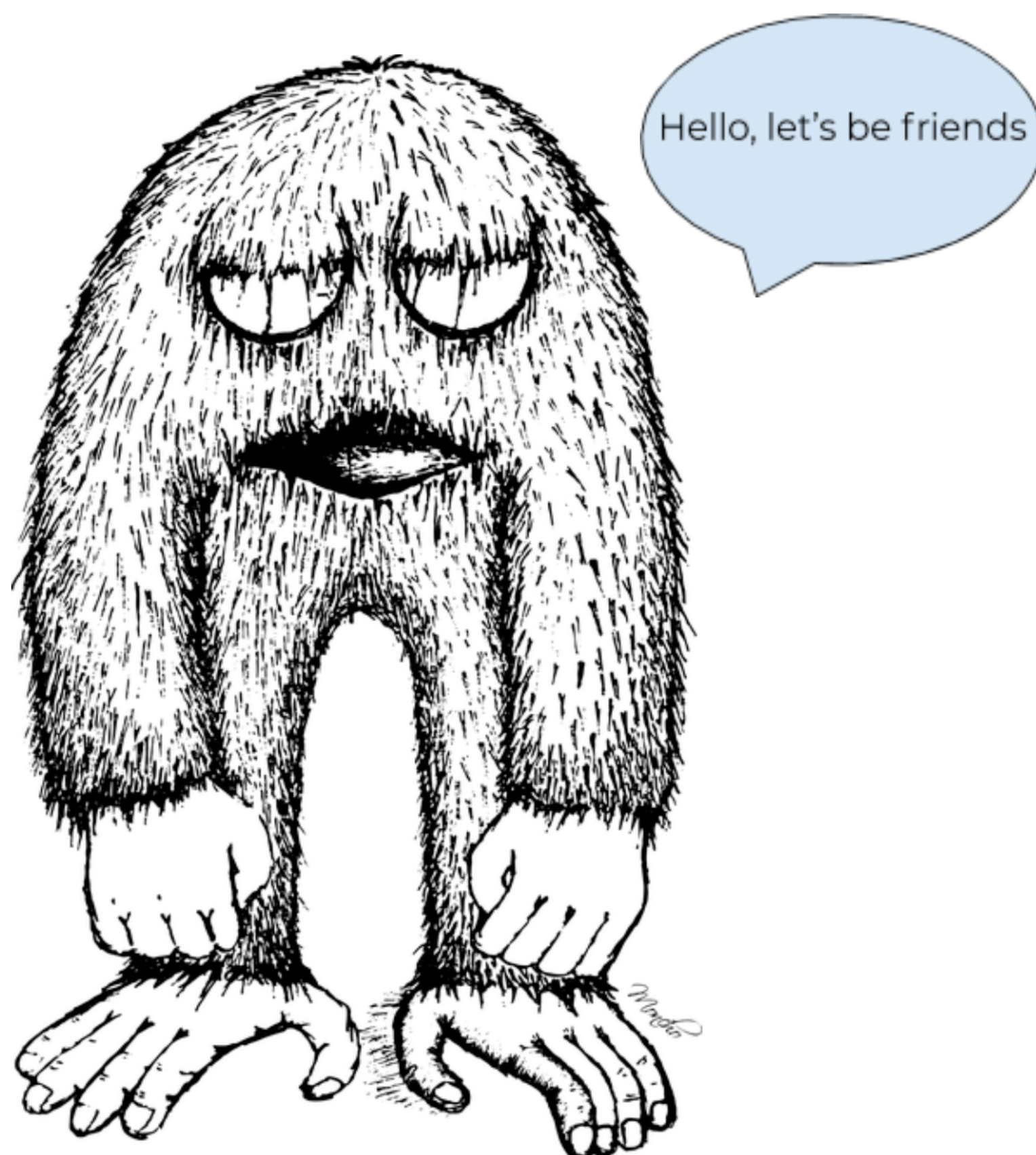


When you have finished just relax your whole body and do a quick scan, starting at your feet, ankles, legs, abdomen. Up through your chest, arms, shoulders, neck, face and scalp. How does it feel? Is there anywhere in your body, still holding any tension? Take a few deep breaths and continue with your day.

BEFRIEND YOUR ANXIETY

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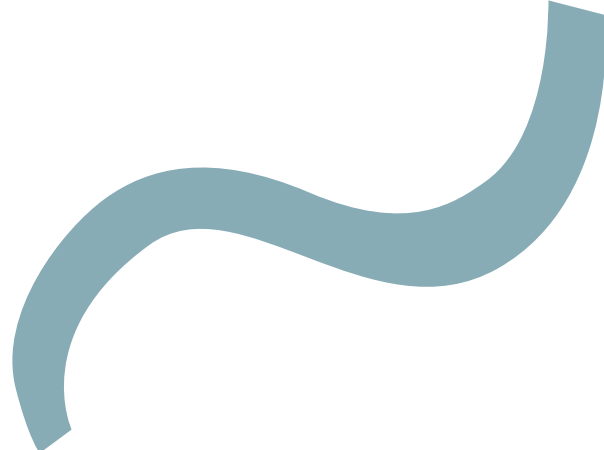
It can sometimes help to stop battling with your anxiety and instead, make friends with it. You can even give it a name and caricature if you find that helps. By ending the internal war between you and your anxiety, it then becomes the first step toward truly taking back your personal power and learning to use anxiety as a force for good in your life. Whenever we meet something or someone with resistance, the outcome is always going to feel negative and disjointed. If your anxiety is there, then simply befriend it and each time it shows up, act in the same way you would another friend - ask it what it needs and what you can do to help. This instantly gives you the power to help and ease the situation for you and your anxiety.





Other ways to manage Anxiety

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1. Have an Anxiety management plan.
 2. Have a Self-Care plan.
 3. Find a physical activity you enjoy.
 4. Read a book.
 5. Listen to soothing music.
 6. Have unplugged days. No phones, social media etc.
 7. Cook healthy meals.
 8. Journal. Write down how you are feeling and what you are thinking.
 9. Take long walks (even better if you can walk in nature).
 10. De-clutter your space. And ensure you have a clean and tidy environment.
 11. Have a treat (something that you enjoy like a piece of cake.)
 12. Do something creative (drawing, painting, make a vision board, cooking, writing).
 13. Stretch daily.
 14. Compliment yourself.
 15. Do one thing that is just for you.
 16. Ask for help.
 17. Leave work at work.
 18. Grow a plant.
 19. Edit your social media feeds (mute or unfollow anything that upsets or rattles you).
 20. Keep an appreciation journal.
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Further Information and Resources

This self-help guide was created by One Way Journey. You can find more helpful information on our website: www.onewayjourney.com

Counselling and Psychotherapy

Find someone to talk to at the Counselling Directory.

<https://www.counselling-directory.org.uk/>

Life Coaching

Help and guidance to make, meet, and exceed personal and professional goals. Improve your mindset and find your purpose. A combination of Life Coaching and Happiness Mentoring to help you live a happier and more fulfilled life.

<https://www.onewayjourney.com/life-coaching>

Urgent Mental Support

Free listening services - These services offer confidential advice from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19