

Three Things You Can Do Right Away To Be “In Charge of Worries”

Calm Breathing

Calm Thinking

Facing Your Fears

How To Stay “In Charge” of the Worries

1. Realistic Thinking – Search for Clues, Calm Thinking
2. Exposure – Facing Your Fears
3. Relaxation – Calm Breathing
4. Parenting Strategies – Understanding, Rallying to Support, Making Tough Choices

How Anxiety Can Make You Think

- ❖ Something terrible will happen
- ❖ I don't have control over it.
- ❖ It will be my fault if it happens.
- ❖ I don't know what to do.
- ❖ I can't stand these feelings. I'll go crazy.
- ❖ I need to know for sure that it's OK.
- ❖ I can't make mistakes.

How Anxiety Can Make You Feel

- ❖ Tense, jittery, nervous
- ❖ Butterflies in tummy
- ❖ Nausea, vomiting, diarrhea
- ❖ Heart pounding, palms sweating
- ❖ Trouble breathing
- ❖ Trouble sleeping, nightmares
- ❖ On the lookout for danger

How Anxiety Can Make You Act

- ❖ Checking to make sure things are safe
- ❖ Reassurance-seeking – “Will it be okay?”
- ❖ Escape : “I'm out of here!”
- ❖ Avoidance” “No way I'm doing that!”