

There are signals and cues that can help determine what might be bringing on anxiety.

Ask yourself:

What is occurring around or within that is triggering this in this moment?

What is off right now? What is out of sorts?

What are your body sensations before the event, as much as 30 minutes before?

- Feelings are indicators. What is the feeling you are feeling in that moment? Sad, glad, mad, bad (guilt and shame), afraid?
- You can feel the feeling but not let it dictate your response. Feel sad but don't be sad in action and reaction.

What are some ways you deal with anxiety? Coping tools and Practice

Think about the situation that triggers your anxiety.

- Do a scale of what you are feeling (emotionally and physically): what is it? 1-10 (1 being calm and 10 extreme symptoms) After doing a coping tool, redo scale until drop below 5.

Emotional regulation: any time and place, keep eyes open scan the room, rating, no talking about negative feelings.

- Mental: describe your environment (what furniture, pictures, textures, objects, count tiles or windows, etc.) list categories i.e., dogs, songs, books of the bible, read something but each word backward, use rainbow color search of objects with each color until used all colors
- Physical: dig heels in the floor, notice your body in chair, touch various objects around you notice the texture, tempt, weight, run warm or cold water on hands, do tense up and release muscle exercise, breathing
- Soothing: talking to self in a kind way, think of favorites, picture of people you care about, safe place, listen to music, take a walk outside and notice nature, etc.
- Mindfulness: Stop sign image describe in detail, 5 senses: 5 things can hear, smell, see, taste, touch
- Breathing count to 4 in/hold/out slowly both ways or birthday candles: deep breath in and imagine blowing out candles as you exhale.
- Prayer or using the Prayer Labyrinth either real or handout
- Talking about what you are feeling i.e.. Talk to a trusted person
- Identify the thinking/ thoughts that may be fueling. What is the dialog in your mind? ANTs: Reframing the negative thoughts with truth. Stop out the ANTs.
- Pay attention to your mood, this can make stress worse or an indication that something else is triggering emotional upset
- Take breaks/Rest
- Exercise/ walk
- Planning/ task management, breaking down the task can reduce feeling overwhelmed
- Use Bible verses and repeat over and over. i.e., Ps 56:3 what time I am afraid, I will trust in you.
- Journal