

WAYS TO MANAGE ANXIETY:

1. RECOGNIZE THAT YOUR THOUGHTS ARE NOT THE TRUTH.
2. LEARN TO STAND BACK FROM YOUR ANXIETY AND OBSERVE IT...KNOW THAT YOU ARE NOT YOUR ANXIETY.
3. RECOGNIZE THAT FEELINGS CHANGE...THIS TOO SHALL PASS.
4. DISTRACT YOURSELF: do something thoughtful/helpful for someone else, exercise, call someone, journal, write a letter, walk a dog, paint/draw/write a poem/make a collage or a list of inspirational and uplifting people/quotes/song lyrics, go for a drive.
5. SOOTHE/CALM YOURSELF: listen to a guided relaxation tape, take a hot shower/bath, spend time outside (sun/rain/snow/wind), pray, practice 5-10 minutes of long, slow, deep belly breathing, practice 10 minutes of mindful meditation, do a rejuvenative yoga pose x 10 min (legs up the wall).
6. CHANGE THE FEELING: watch brief excerpt from stand-up comedy on you-tube or t.v., make a gratitude list, make a song list of soothing/happy music, look at favorite photographs that give you happiness or a feeling of peace and connectedness.
7. RESET YOUR AUTONOMIC NERVOUS SYSTEM: dive forward, while immersing your face in very cold water and hold your breath for 30 seconds ("dive reflex"), or exercise vigorously for 5 to 10 minutes.
8. TALK BACK TO YOUR ANXIETY "there you are old friend...I was waiting for you to return...I don't have to listen to you, I know you will pass in time, there's no emergency and I don't have to act on this feeling... I'm changing my behavior and taking my power back...I'm not going to die, have a heart attack, or lose my mind..."
9. AVOID ALCOHOL, MARIJUANA and BENZODIAZEPINES...these can worsen anxiety over time.

FIND A CBT THERAPIST:

Adaa.org (Anxiety and Depression Association of America)

OR

Abct.org "Find a CBT therapist" (Association for Behavioral and Cognitive Therapies)

OR

FindCBT.org

OR

Call your local University Hospital Behavioral Health Outpatient Department and ask to speak to the chairperson of the department of Psychiatry/Behavioral Health...ask for a list of the best CBT therapists for treatment of anxiety. Ask for individual and group options. Ask the same question regarding DBT therapists who teach Mindfulness Meditation for treatment of anxiety.

Dbt-lbc.org will assist you in finding a DBT expert.

SEVERAL FAVORITE RESOURCES:

Mindfulness Meditation ("Wherever You Go, There You Are," by Jon Kabat Zinn) or You Tube videos by Dan Harris

Guided Meditations (“Meditations for Peace of Mind,” by Bernie Siegel, any healing meditations by Kelly Howell and “Guided Mindfulness Meditation,” by Jon Kabat Zinn, and any mindfulness meditations recommended by Dartmouth Student Wellness Center Guided Audio Recordings)

APPS: “Calm” and “Headspace”

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