

A decorative graphic featuring various colored circles and rings. On the left, there is a large teal ring, a smaller teal ring, an orange circle, a yellow ring, a pink circle, and a green circle. On the right, there is a yellow circle, a teal circle, and a small green circle. Some circles have dashed outlines in their respective colors.

What is
Anxiety?



The Hyper “Monkey Mind”

Humans have daily experiences that set off feelings & thoughts.

Sometimes we are quick to jump to worry, self doubt and blame in these situations

We will call this inner self critic and internal chatter the MONKEY MIND

Symptoms of Anxiety

- 😓 Shortness of breath
- 😓 Racing mind (especially negative thoughts)
- 😓 Temperature change (suddenly too hot or cold)
- 😓 Shaking
- 😓 Freezing (not being able to do anything)
- 😓 Excessive worry
- 😓 Physical pains (headaches, chest pain, backaches)
- 😓 Empty mind (feeling like you've lost touch with reality)

- 😓 Numbness in face, body, limbs
- 😓 Nervous stomach, nausea
- 😓 Obsessions & compulsions
- 😓 Difficulty sleeping & eating (too much or too little)
- 😓 Tension in the body
- 😓 Weak or restless legs
- 😓 Mistrust in yourself and others
- 😓 Judgemental, irritable, depressed
- 😓 Blurred vision
- 😓 Pulling away from friends & family
- 😓 Fear of feeling what you are feeling
- 😓 Irrational fears

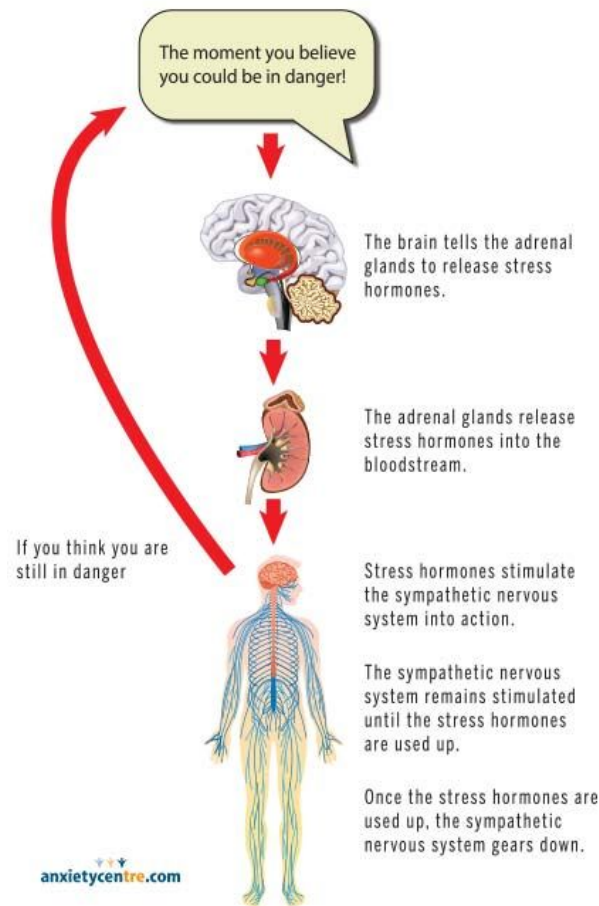
What is Happening to My Body?

When your brain sees a threat (either real or perceived), your body will respond to it by:

1. Sending blood from core to limbs (which can allow you to fight or run)
2. Increasing your heart and breathing rates (to get oxygen to those large muscles)
3. Warming your body to make sure your muscles perform properly
4. Focusing your vision to block out distractions
5. Hyper focus in the “thinking” part of the brain

HOWEVER... there is only real danger about 2% of the time. The other 98% is your body being triggered by something that is not a CURRENT threat.

Anatomy of an Anxiety Attack



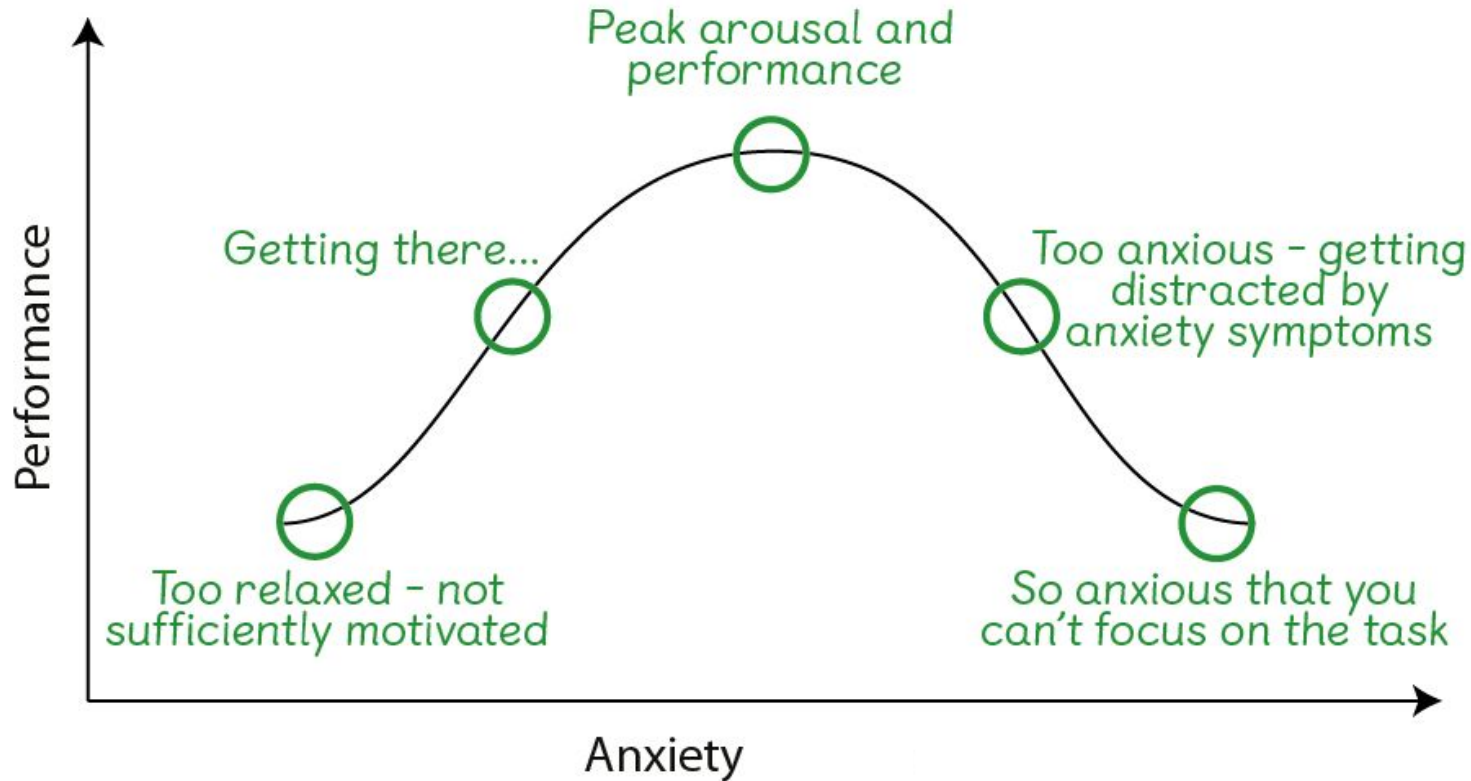


How Do Triggers Work?

When you experience trauma you usually have 3 major consequences

1. **Body Tension.** Stress causes an increase in cortisol which is a hormone in your body that creates tension in your body. This can then lead to short or long term pain
2. **Emotional Turmoil.** It can crush your sense of self worth and lead to insecurity, depression & anxiety
3. **Stored Reactions.** Your amygdala logs certain events & circumstances so it can react quickly if something similar happens again.

Some Anxiety Can Be Helpful





FEAR

Scientists say there are 3 basic fears:

1. Fear of being trapped
2. Fear of rejection
3. Fear of failure

However, under all of this is the mother of all fears

Fear of being unworthy/unloved

The background features a light gray grid. Overlaid on this are several decorative elements: a large teal circle with a white center in the top-left; a smaller teal circle below it; a large lime green circle in the top-right; a smaller green circle with a dashed outline below it; a large orange circle in the bottom-right; a smaller pink circle above it; a large green circle with a white center in the bottom-left; a smaller yellow circle above it; and a large yellow circle with a white center in the bottom-right. A dashed gray line curves from the top-left towards the bottom-right, passing behind the text.

Resources & Exercises



Different Types of Coping Skills

Calming Skills	Distraction Skills
Physical Skills	Processing Skills



Calming Skills

Deep Breathing Techniques

Mindfulness Meditation & Yoga

Grounding Techniques

Progressive Muscle Relaxation

Positive Self Talk

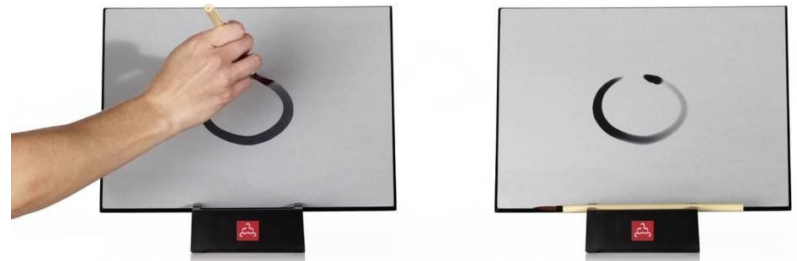
Calming Tools (Zen garden, Buddha Board, Calming Jar)

Calming Tools

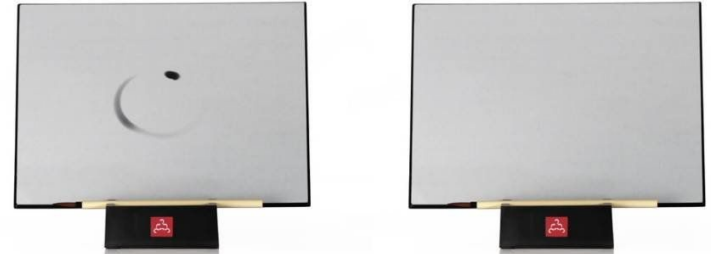
Zen Garden



Sensory/
Calming Jars



Buddha Board



3 minutes later...

Distraction Coping Skills

Hobbies

Do Something Mentally Difficult

Do a Good Deed

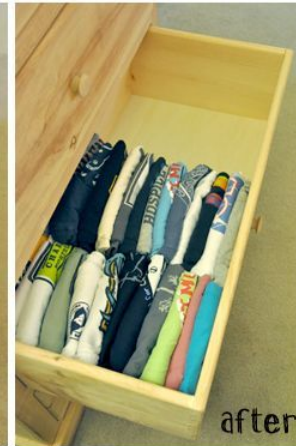
Clean or Organize Something

Distraction by Screen

Laugh



before



after

Physical Coping Skills

Small Physical Movements

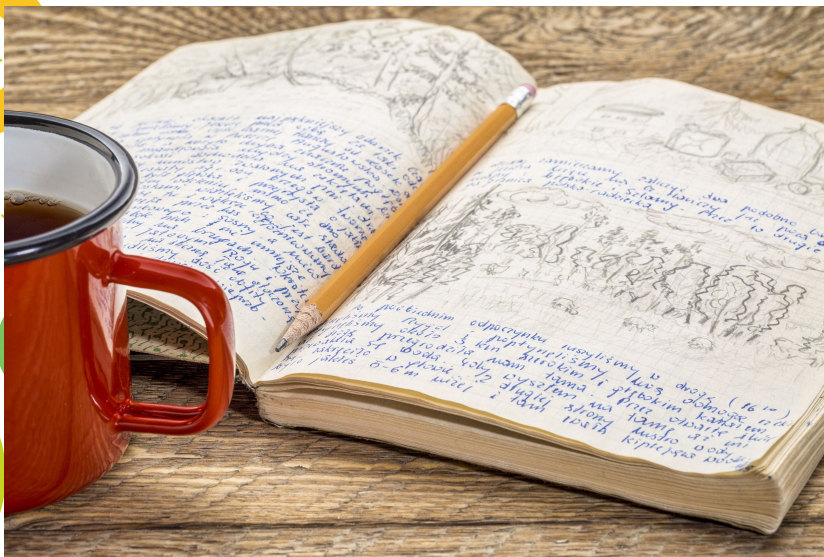
Big Physical Movements



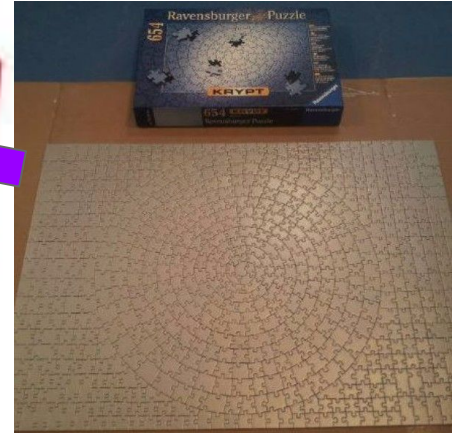
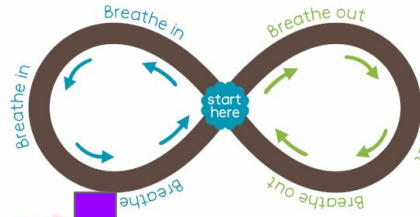
Processing Coping Skills

Identifying Thoughts & Feelings

Expressing Thoughts and Feelings



Creating Your "Toolbox"



Resources

"Practical, insightful, modern methods."

—JULIE BARTON, *New York Times* bestselling author of
Dog Medicine: How My Dog Saved Me from Myself

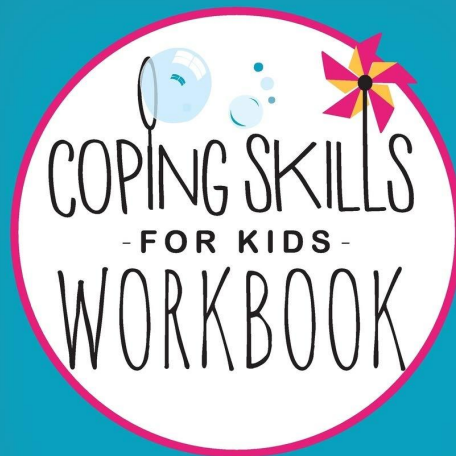
Anxiety...

**I'm So Done
with You**

40+
Activities
and Journal
Prompts

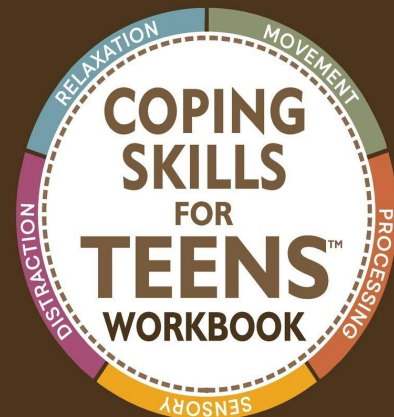
**A Teen's Guide to Ditching
Toxic Stress and Hardwiring
Your Brain for Happiness**

Jodi Aman, LCSW



*Over 75 Coping Strategies to Help Kids
Deal with Stress, Anxiety and Anger*

By Janine Halloran, MA, LMHC



**60 Helpful Ways to Deal with
Stress, Anxiety and Anger**

Janine Halloran, M.A., LMHC

Author of the bestselling Coping Skills for Kids™ Workbook

Just for Fun (for parents at least): [Suck it up! Calm Anxious Kids with Simple Chores](#)



Journal Entry: Working Through the Worry*

1. List the things that cause your anxiety
2. List some things a friend is anxious about that you are not
3. Why aren't you afraid of these things? Why would your friend be afraid?

*Adapted from "Anxiety, I'm So Done with You" by Jodi Aman



Journal Entry: I'm a Survivor*

No matter how big or small the perceived issue is, you are still a survivor. What are some of the things you have done to get through the worst of those times? Make a list.

Increasing your awareness of these skills empowers you to use them in different situations. Think about why you did each thing on your list. Write it down.

If you practice this skill daily, you will have better access to these coping tools and the anxiety won't have power over you.

*Adapted from "Anxiety, I'm So Done with You" by Jodi Aman



Screen Break*

Leaving your phone at home, tell someone that you are going for a walk (for at least 10 minutes). While you are walking, notice the things around you. What colors are the houses in your neighborhood? Do you see any animals? How many people have you passed? Does anyone have any lawn decorations that catch your eye?

The trick is to notice all these things and not document it with a post on the 'Gram or a Snap. Just WALK. When you return home, write in your journal about one thing that you noticed on your walk that you have never noticed before.

*Adapted from "Anxiety, I'm So Done with You" by Jodi Aman