

# 1. First, Let's identify

Anxiety can be normally felt as...

In normal levels, anxiety just wants to help us, she **energizes** us to work for an important exam or to prepare an exposition.

**OUR EMOTIONS ARE USEFUL AND WISE**

HOWEVER, sometimes we feel them as DANGEROUS and NAUGHTY

We try to eliminate them by **SUPRESSING, HIDDING, HIGHLY CONTROLLING** them

## WHAT I THINK

Normally Catastrophic, focussed on the future or worrying

'I will fail and it will be the worst year of my life'



## WHAT I FEEL

Palpitations, Chest tightness or pressure, Dizziness, Muscle tightness, Trembling ...

## WHAT I DO

I AVOID studying or seek PERFECTION or REASSURANCE



# I'm feeling anxiety, what can i do?

In SHORTY TERM i feel **RELIEF**

In LONG TERM ANXIETY **RISES** ↑

# 2. And now, Let's ACCEPT and REGULATE anxiety

ONLY WHAT WE ACCEPT CAN BE CHANGED ...

When we accept emotions, **without judgement**, we can work with them. Avoiding them, just make's them bigger.

To work with them we can **TRACK THEM**

EVENT (External stimuli, Mental events)	EMOTIONAL RESPONSE	CONSEQUENCES Short term	CONSEQUENCES Long term
Anxiety when preparing for an exam	'I don't want to feel anxiety' I avoid studying (procrastinate)	Relief since i avoid feeling anxiety	I don't prepare well for my exam and i have more anxiety for next one

\*To regulate anxiety levels we can also do Regular exercise, Breath work and meditation. We have another **pamphlet about Breath work and meditation!**

