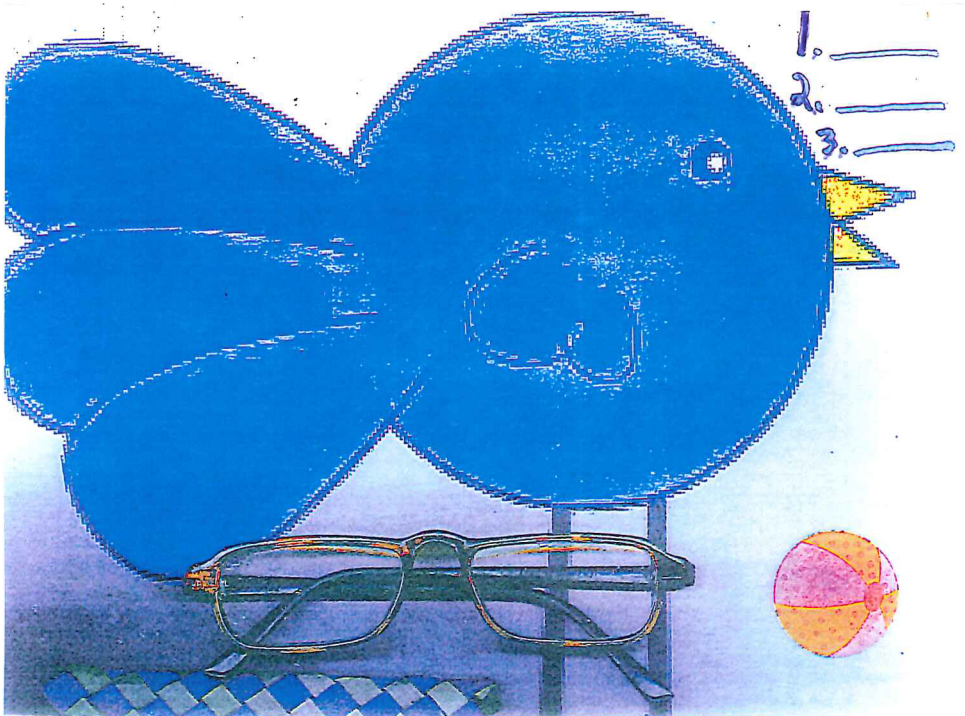


Effective Ways to Address Anxiety, part 2

Live Better Series: “I can live a vital and meaningful life.”

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Bluebird: I can live a vital, meaningful life. And, I accept I will sometimes have pain, and other times have joy, in my life.

New Pair of Glasses: to change my life, and grow in wisdom, I need to look at things differently.

Beach ball: I need to stop avoiding my life by pushing thoughts and feeling underwater. By being mindful, I will let my thoughts and feelings come up and accept them for what they are.

Finger trap: It is healthy for me to “accept what is as it is”. When I struggle against “what is”, I trap myself and cause suffering for myself. Accepting does not necessarily mean I like it.

1, 2, 3: I can live a vital and meaningful life by choosing and committing to values that are important to me—NIKE Therapy “Just do it!”, make a plan, don’t procrastinate, take action. Letting go and letting be is also a way of taking positive action.

1. Avoidance and control do not work. Trying to avoid or control anxiety just makes it worse. Check off any of the following that apply to you in the last 2 weeks:
 - avoiding situations where you may become anxious
 - pushing thoughts and feelings away
 - trying to replace “bad” thoughts with “good” thoughts
 - reading self-help books and doing a lot of therapy to make the anxiety go away
 - being hyper vigilant, or too aware of your surroundings, expecting danger
 - overly concerned with order and cleanliness
 - spending time only with ‘safe’ people and being in ‘safe’ places

- a lot of time exercising to make the anxiety go away
- oversleeping—“hiding under the covers”
- overeating—using food to comfort yourself when anxious
- self-medicating with alcohol-drugs-gambling
- abuse of prescribed medications
- assuming the “sick” role—“I can’t do it. I need you to do it for me.”
- not being present: escape by daydreaming or withdrawing or too much TV

2. Rather than avoiding or controlling, can you allow your thoughts and feeling to be there, whether they are uncomfortable or not? Y_____ N_____

3. Are you willing to pause right now for 3-4 minutes and do a brief mindfulness exercise? (simply focusing on your breath and noticing thoughts and feelings, and after noticing them, let them go)

4. Journal check in:

- what have I been thinking-feeling today? (worried, grateful, relieved, angry, hurt, sad, proud, ashamed, concerned, joy, fear, regret, connected, belonging, purposeful, alone, fatigued, depressed, courageous, pleasure, etc.):-describe:

5. What are the 3 most important values in my life today?

1. _____ 2. _____ 3. _____

6. What will I do today to live my values? (To put my time and energy into what is really important to me)

7. What could keep me from doing what is really important for me to do today?

8. Do I need support of some kind to accomplish what is important to me?

Recommended workbook: “Mindfulness and Acceptance Workbook for Anxiety”
by John P. Forsyth, PH.D and Georg H. Eiffert, Ph.D.