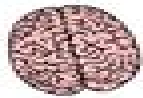


Managing Anxiety



Cognitive Reframing

Examine & challenge your thought patterns to gain different perspectives on situations, ideas, or relationships



Thought Records

Write down your thoughts and reactions to slow your thinking and put into words what's in your head and heart



Behavior Activation

Incorporate activities that make you feel more positive, comfortable, and happier into your daily life



Exposure Therapy

Through visualization and gradual exposure, slowly work your way up to being able to physically tolerate your fear



Behavioral Experiments

Write your predictions of what may happen, test the experience, compare your predictions and actual outcomes



Stress Reduction

Use breathing exercises, grounding activities, or muscle relaxation to combat the physical effects of anxiety



Guided Discovery

Ask questions to reflect on the underlying beliefs to your thoughts, thought patterns, and conclusions

Reducing Fear Worry Reducing Stress

M Planty



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