

# **Anxiety & Depression Reduction Workbook**

## **Student Workbook**



**Counseling and Psychological Services  
University of Arkansas  
(479) 575-5276  
[health.uark.edu](http://health.uark.edu)**

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# Welcome!

Welcome to **Anxiety and Depression Reduction Workshop**, a workshop intended to help increase your understanding and knowledge about anxiety and depression. The goal of this seminar is to provide you with life-long tools you can use while facing anxiety or depression triggering situations. The goal is to provide you with some skills to recognize and manage symptoms you may be experiencing. Remember, this intervention is not intended to “get rid of” your anxiety/depression. Our hope is that these five sessions provide you with a jumping board from which to integrate skills into your daily life in the service of reducing anxiety.

By the end of this course, you will have received a lot of information and at times it may feel overwhelming. Remember that like any skill (e.g., learning to ride a bike), the skills you will learn in **Anxiety and depression Reduction Workshop** take time and practice to master. At times, you may encounter obstacles and/or find it difficult to integrate these skills into your daily life. That’s okay, it’s how change works, and as with all change, it’s important to practice as much as you can, even after encountering setbacks.

Think of your practice of these skills as a form of “mental health hygiene.” At the outset, it may seem tedious and you may question why you need to practice these skills so often. Think of it like dental hygiene—you brush your teeth multiple times a day to prevent the buildup of plaque and ultimately to prevent cavities. Similar to brushing your teeth, daily practice prevents a buildup of sadness and anxiety over time and can minimize and prevent long-term symptoms. The more you practice and use these skills as part of your daily routine, the less tedious they may seem because they simply become a regular part of daily life.

Should you wish to focus more in depth on any of your depression-related or anxiety-related concerns, you may debrief with a therapist following completion of workshop to discuss options.

If at any time you feel that you need additional support, please let your leader know or contact Counseling Services at (479) 575-5276. You may also find additional resources online at [health.uark.edu/mental-health/](http://health.uark.edu/mental-health/).

## Frequently Asked Questions (FAQ)

### **What if I have an urgent need to see a counselor during the workshop?**

Simply let the facilitator or Counseling Services' front desk staff know and they will facilitate you getting the help you need.

### **What if I need more than 5 weeks to learn the model?**

You are not alone. The skills are difficult and take time to build. If you need more resources, we encourage you to follow-up with the group facilitator.

### **What if I don't feel comfortable in groups?**

Many people feel a little anxious about participating in a group. This workshop is structured and curriculum-driven, like a class. **You are not required to speak if you do not feel comfortable doing so.** The facilitators respect each participant's right to share only what they are comfortable sharing and never require you to share sensitive or potentially embarrassing information.

### **Why do I have to do homework?**

The focus of this workshop is on building skills to cope with anxiety/depression; in order to achieve that goal, regular practice is essential. The more you practice, the more you may find you get out of this workshop. The assignments are for you and only you, in the service of your own personal growth. You will not be required to provide your responses at any time during this workshop; however, it's important to bring your responses as you may be asked to look back on or elaborate on a prior assignment during the workshop.

### **What if I didn't do my homework?**

We encourage you to come to group regardless of whether or not you were able to complete the homework assignment. If you forget your workbook, we can provide you a new one. We can also assist you in working on examples when the homework is reviewed.

### Confidentiality Contract for Workshop/Group

1. This instrument is a contract for confidentiality among the members of this group and for the area of CAPS.
2. Each member of the workshop/group acknowledges the need to keep personal information shared in the workshop/group private.
3. For the purpose of this workshop/group, any information shared by a workshop/group member should be considered personal and private information.
4. In order to become a workshop/group member and maintain membership, each person must agree to protect this private information. Information gathered about other members of the workshop/group cannot be shared with anyone else. That information shall remain with the workshop/group members and not be transmitted or communicated to other people.
5. Each member agrees to silence phones and not take any photographs or post in social media about members of the workshop/group.
6. Each member of the workshop/group agrees to keep confidential the identity of any others seen at CAPS in order to protect their confidentiality.
7. If you agree to abide by these restrictions, please acknowledge your agreement by signing in the space below.

\_\_\_\_\_  
Name of Workshop/Group

\_\_\_\_\_  
Student ID Number

\_\_\_\_\_  
Signature of group member

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Email

\_\_\_\_\_  
Address:

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Cell phone #

\_\_\_\_\_  
Signature of workshop/group facilitator

\_\_\_\_\_  
Date

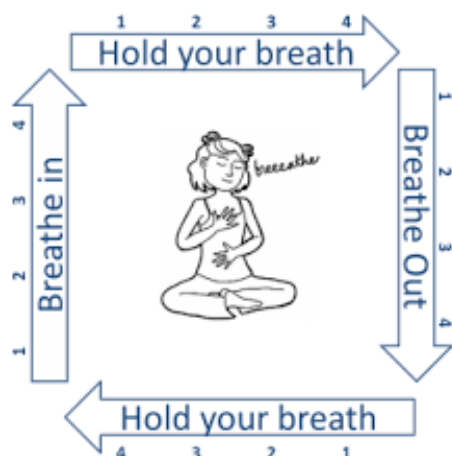
# IN SESSION WORKSHEETS

# **SESSION 1:**

## Understanding Anxiety/Depression

# Square Breathing

1. Place one hand on our stomach and one on our chest. You want to feel the hand on our stomach move in and out more than the hand on our chest.
2. Take a deep breath in through your nose. As you inhale you count in your mind 1...2...3...4 and you imagine using the air you breathe in to push against your hand on your stomach.
3. Hold for a count of 4. Then you exhale through your mouth like you are blowing out a candle.
4. Exhale for a count of 1...2...3...4
5. Pause for a count of 4 before starting again.



## **Helpful Practice Tips:**

- Practice these techniques daily.
- Choose a consistent time each day that is free from distractions and calm. (Before bed is a great time because it can also help with difficulties falling asleep)
- Practice these strategies in a calm environment and consistently in order to increase your ability to access them when you are stressed/anxious.
- The more you practice these strategies the easier they will be to access when you are anxious.

<b>Short Relaxation Techniques: When you only have a few minutes</b>	
Correct Breathing	Learn to always breathe using the diaphragm. Let the breath reach the bottom of the lungs, and let the chest and shoulders relax. High, shallow chest breathing is stressful and gives messages of stress to the brain.
Three-Part Breathing	Take a deep breath and imagine the lungs divided into three parts. Visualize the lowest part of the lungs filling with air; the chest should remain relatively still. Imagine the middle part of the lungs filling; visualize the rib cage expanding. Visualize the upper part filling with air as your shoulders rise slight and over backward. Exhale fully and completely; drop your shoulders, feel your rib cage contract, and force every bit of air from the bottom of the lungs. Repeat.
Stretching	Gently roll your head and shoulders many times a day. Also, gently stretch other areas of the body that may need it.
Tense-Relax Muscles	Tighten the muscles you want to relax and feel the tension. Let the muscles become loose and limp and feel the relaxation.
Body Scan	With your mind, briefly scan every muscle in your body from your toes to your head. Release any tension with a relaxing breath. Correct your posture and relax all the muscles you are not using.
Jaw Drop	Be aware of any tightness in your jaw. Allow your jaw to loosen by separating your teeth.
Heaviness and Warmth in Hands & Arms	Relax your body and feel heaviness in your arms and hands. Imagine a warmth flowing through them. Imagine and experiences your shoulders, arms, and hands becoming heavy, relaxed, and warm.
Mind-Quieting Meditation	Begin by focusing on your breathing. Use a special phrase that helps you focus on relaxation, and quiet your mind.
Attitudes & Perceptions	Pay attention to your perceptions and attitudes. Allow yourself to put a stress-reducing “frame” around the stressor. Remember, stress affects the body based on your perceptions of the outside world.

## Understanding Depressive and other Related Disorders

While some depressive symptoms (i.e., sadness) are a normal experience for everyone, depressive and other related disorders are characterized by significant distress or impairment in social, academic/occupational, or other important areas of functioning (e.g., your general ability to function in life).

Some of the most common disorders include:

<b>Major Depressive Disorder:</b>	Involves experiencing depressive episodes, which must last for two weeks, and include a minimum of 5 symptoms.
<b>Persistent Depressive Disorder:</b>	A less extreme depressive presentation that includes a depressed mood and at least 2 other symptoms that last for at least two years. May have episodes of major depression along with periods of less severe symptoms, but symptoms must last for two years.
<b>Premenstrual Dysphoric Disorder:</b>	Several depressive symptoms present consistently during the week prior to menses.
<b>Bipolar II Disorder:</b>	Includes experiences of both depressive episodes as well as "mixed" or hypomanic episodes (i.e., elevated mood with other expansive symptoms).
<b>Cyclothymic Disorder:</b>	Persistent periods of alternating between "highs" and "lows" that are subthreshold for hypomanic and depressive episodes.
<b>Disruptive Mood Dysregulation Disorder:</b>	Recurrent temper outbursts and persistently irritable or angry mood for at least one year (present between ages 6-18).

# Stress versus Anxiety

Everyday Anxiety (Stress)	Anxiety Disorder
In response to a known environmental factor	In response to an unknown source or in response to the experience of stress
Symptoms go away when the stressor goes away	Symptoms remain despite no identifiable stressor
Worry about living away from home for the first time, passing a class, a romantic breakup, or other important life events	Constant and unsubstantiated worry that causes significant distress and interferes with your daily life
Embarrassment or self-consciousness in an uncomfortable or awkward social situation; feeling nervous about meeting new people	Avoidance of social situations due to fear of being judged, embarrassed, or humiliated
Feeling nervous or sweating before a big test, class presentation, stage performance, or other significant event	Panic attacks that seem out of the blue and preoccupation with the fear of having another one
Realistic fear of a dangerous object, place, or situation (e.g. fear of poisonous snakes)	Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger (e.g. fear of elevators)
Making sure that you are healthy and living in a safe environment	Performing uncontrollable repetitive actions, such as excessive cleaning, checking, touching or arranging

Adapted from: <http://www.adaa.org/understanding-anxiety>

# Understanding Anxiety Disorders

While anxiety is a normal and adaptive experience for everyone, anxiety disorders are characterized by significant distress or impairment in social, academic/occupational, or other important areas of functioning (e.g., your general ability to function in life).

Some of the most common anxiety disorders include:

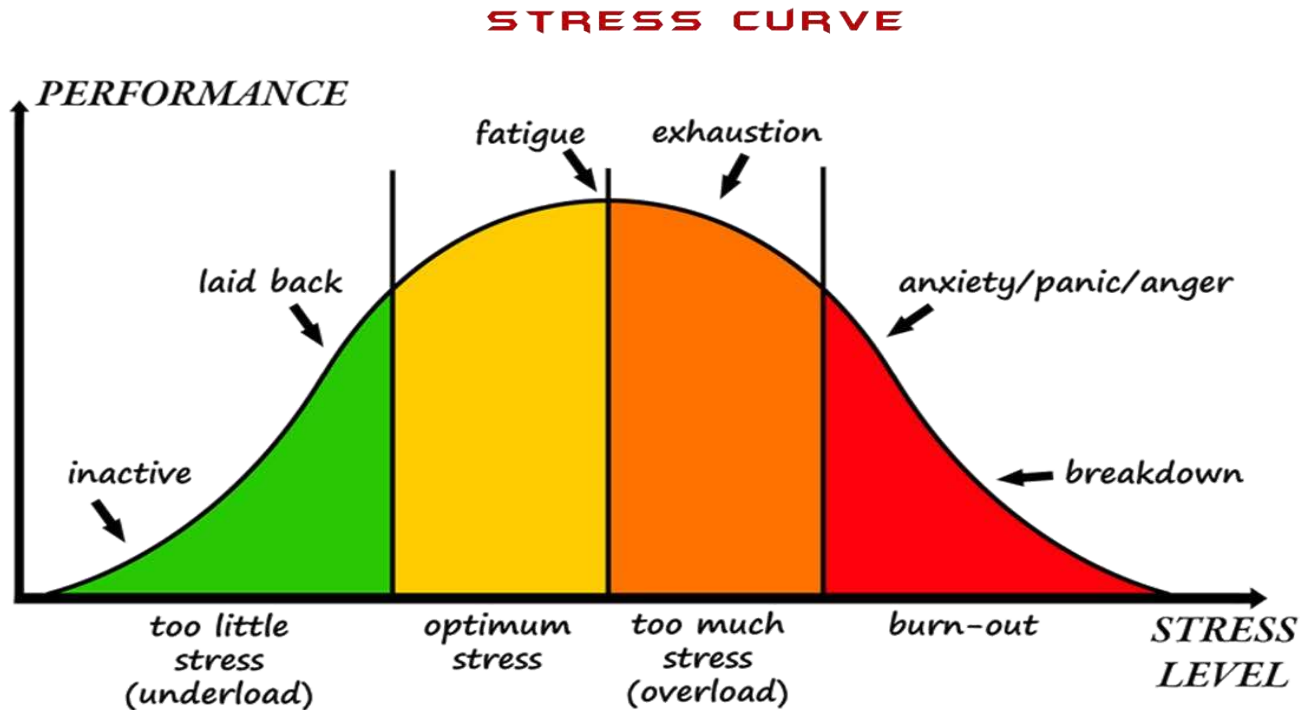
**Generalized Anxiety Disorder:** Chronic and unrealistic worry that feels difficult to control about everyday things (i.e., things that do not worry most people)

**Social Anxiety Disorder:** Chronic worry solely related to social situations

**Panic Disorder:** Characterized by episodes of “panic” that include things like: adrenaline surge, fear of losing control, chest pain, racing heart, shortness of breath, dizziness

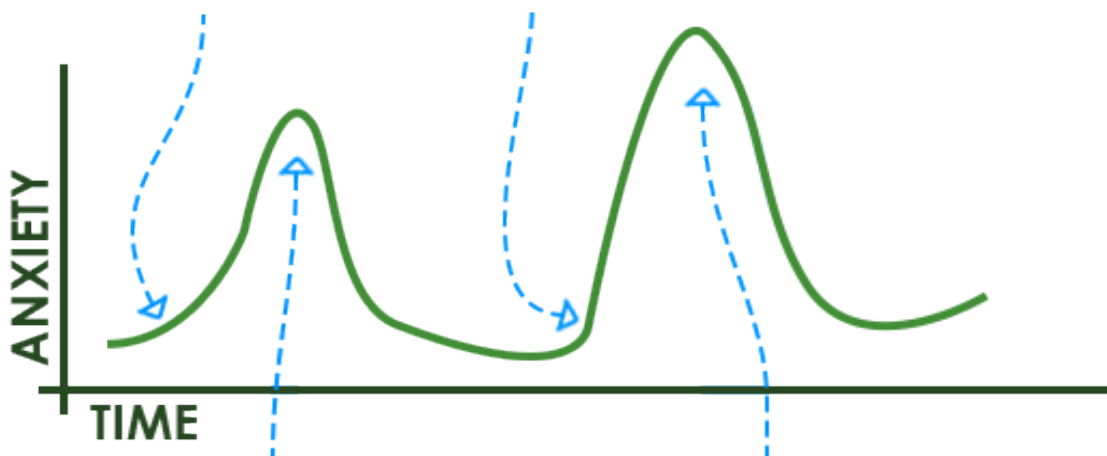
**Phobias:** Specific fears that are excessive in nature and often lead to avoiding that which is feared (e.g., public speaking, heights, tunnels, etc.)

**Obsessive-Compulsive Disorder:** Excessive rumination (thinking) with repetitive behaviors to reduce anxiety



## Anxiety - Avoidance Roller Coaster

(A person is confronted with an anxiety-producing situation which leads to an uncomfortable sense of worry and agitation.)

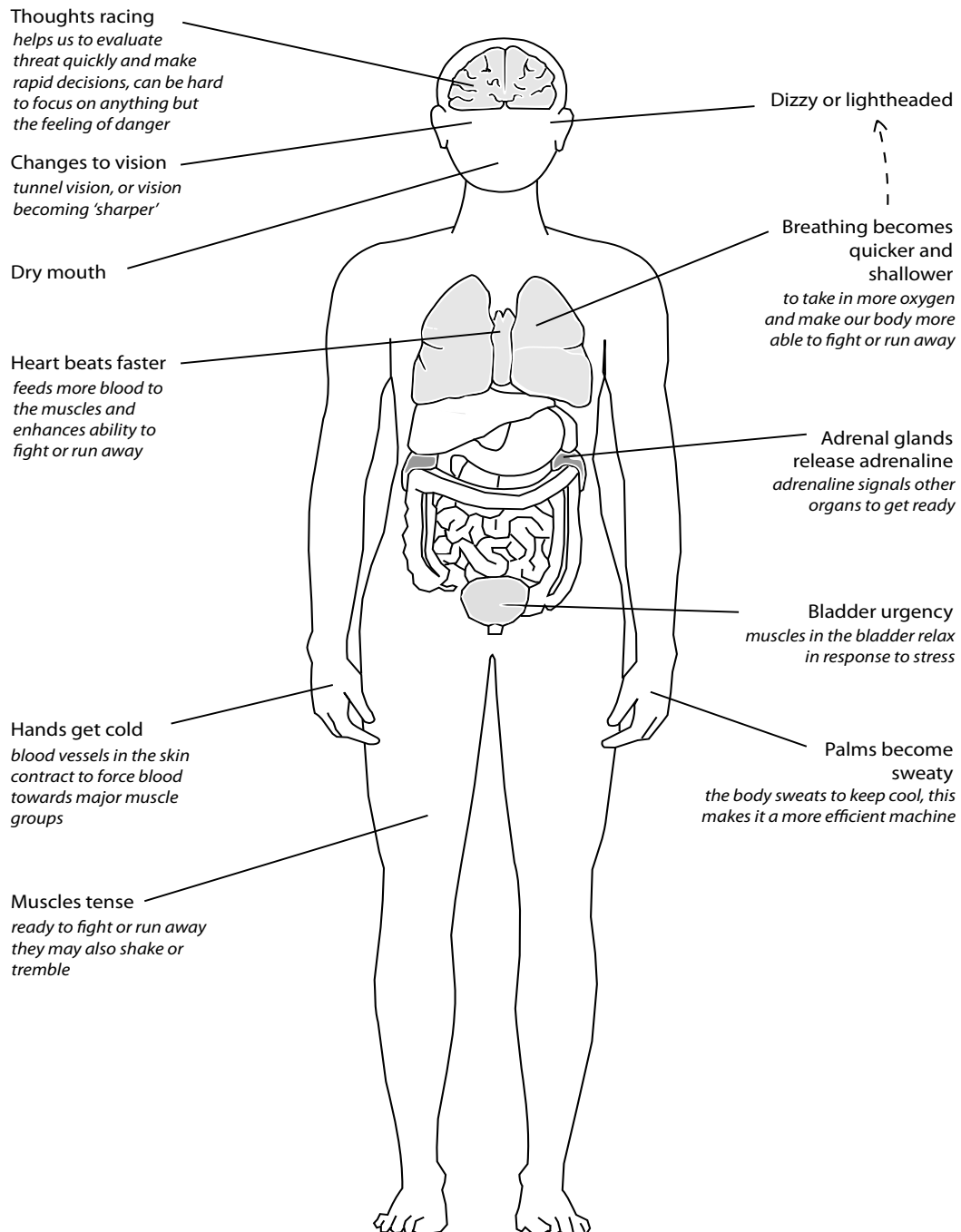


(The anxiety-producing situation is avoided, and the person receives a feeling of relief. However, next time the anxiety will be worse.)

Adapted from- <http://www.therapistaid.com/therapy-guide/cbt-for-anxiety>

## Threat System (Fight or Flight)

The 'fight or flight' response gets the body ready to fight or run away. Once a threat is detected your body responds automatically. All of the changes happen for good reasons, but may be experienced as uncomfortable when they happen in 'safe' situations.



# **SESSION 2: Self-Care**

# **Breath-Counting Exercise**

This exercise focuses on the use of counting with the rhythm of the breath. Start with a short period of time and gradually increase the time. Set a timer so that you do not have to worry about when to stop.

1. Find a comfortable position. Take several deep breaths and settle into yourself. You may either close your eyes or keep them open, depending on your own comfort. If you keep them open, fix them on an object or a spot on the floor about four feet in front of you. Your eyes may be either focused or unfocused.
2. Take deep, comfortable breaths. Notice your inhalation. The pause between inhaling and exhaling, your exhalation, and the pause before starting again.
3. As you inhale, count, “one...” As you exhale, count, “two...” Inhale, “three...” Exhale, “four...” Continue until you reach 10 then start over.
4. If you lose count, simply begin with “one” on your next inhalation.
5. If you notice your mind has wandered, gently notice this, and return your focus back to counting your breath



## Sleep Hygiene

1. **Get regular.** Go to bed and get up at more or less the same time every day, even on weekends and days off!
2. **Get up and try again.** Try to go to sleep only when tired. If you haven't been able to get to sleep after about 30 minutes, get up and do something calming (not stimulating) until you feel sleepy, then return to bed and try again.
3. **Avoid caffeine and nicotine.** Avoid consuming any caffeine (coffee, tea, soda, chocolate) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These act as stimulants and interfere with falling asleep.
4. **Avoid alcohol.** Avoid alcohol for at least 4-6 hours before bed because it interrupts the quality of sleep.
5. **Bed is for sleeping.** Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep.
6. **Electronics curfew.** Don't use back-lit electronics 60 minutes prior to bed, as the artificial light inhibits hormones and neurons that promote sleep.
7. **No naps.** Avoid taking naps during the day. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.
8. **Sleep rituals.** Develop rituals to remind your body that it is time to sleep, like relaxing stretches or breathing exercises for 15 minutes before bed.
9. **No clock-watching.** Checking the clock during the night can wake you up and reinforces negative thoughts such as, "Oh no, look how late it is, I'll never get to sleep."
10. **The right space.** Make your bed and bedroom quiet and comfortable for sleeping. An eye mask and earplugs may help block out light and noise.
11. **Keep daytime routine the same.** Even if you have a bad night's sleep, it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia.



## Exercise Tips

1. **Find an enjoyable activity.** Exercise doesn't have to be boring. Choose a pleasurable activity, like playing badminton or doing yoga. Aim for fun, not more work.
2. **Start small.** Commit to 10 minutes of exercise a day or add exercise to your daily routine (like walking to school or doing push-ups in your room).
3. **Get outside.** The sun provides a mood "pick me up" of its own, producing serotonin in the brain. Take a walk outside or go swimming.
4. **Schedule it in.** It's easy to skip exercise when we don't plan. Put it in your phone as part of your daily to-do's and celebrate when you check it off.
5. **Mix it up.** To avoid feeling bored with exercise, try a number of different activities.
6. **Team up.** Depression can be isolating. Ask others to do team activities or find an exercise buddy for accountability and to increase social interaction.
7. **Minimize equipment.** Equipment can be expensive. Identify activities that don't require you to have equipment or facilities, like walking, running, or dancing.
8. **Follow your energy.** If your energy fluctuates throughout the day, try to plan to exercise when your energy is at its peak. Alternatively, exercise when feeling sluggish for an energy boost.
9. **Set goals.** Achieving goals improves mood and self-esteem. Set specific achievable exercise goals and reward yourself when you accomplish them.



## Core Values Assessment

Common Personal Values		
Accomplishment	Good will	Quality over quantity
Abundance	Goodness	Quantity over quality
Accountability	Gratitude	Reciprocity
Accuracy	Hard work	Recognition
Achievement	Harmony	Regularity
Adventure	Healing	Relaxation
Approval	Holistic Living	Reliability
Autonomy	Honesty	Resourcefulness
Balance	Honor	Respect for others
Beauty	Improvement	Responsibility
Challenge	Independence	Responsiveness
Change	Individuality	Results
Clarity	Initiative	Romance
Cleanliness, orderliness	Inner peace	Rule of Law
Collaboration	Innovation	Sacrifice
Commitment	Integrity	Safety
Communication	Intelligence	Satisfying others
Community	Intensity	Security
Compassion	Intimacy	Self-awareness
Competence	Intuition	Self-confidence
Competition	Joy	Self-esteem
Concern for others	Justice	Self-expression
Confidence	Knowledge	Self-improvement
Connection	Leadership	Self-love
Conservation	Learning	Self-mastery
Content over form	Love	Self-reliance
Cooperation	Loyalty	Self-trust
Coordination	Meaning	Sensuality
Creativity	Merit	Service
Credibility	Moderation	Simplicity
Decisiveness	Modesty	Sincerity
Democracy	Money	Skill
Determination	Nature	Solitude
Discipline	Nurturing	Speed
Discovery	Obedience	Spirituality
Diversity	Open-mindedness	Stability
Education	Openness	Standardization
Efficiency	Optimism	Status
Environment	Patriotism	Straightforwardness
Equality	Peace, Non-violence	Strength
Excellence	Perfection	Success
Exploration	Perseverance	Systemization
Fairness	Persistence	Teamwork
Faith	Personal Growth	Timeliness
Faithfulness	Personal health	Tolerance
Family	Pleasure	Tradition
Flair	Power	Tranquility
Flexibility	Practicality	Trust
Forgiveness	Preservation	Trustworthiness
Freedom	Privacy	Truth
Friendship	Problem solving	Unity
Frugality	Professionalism	Variety
Fulfillment	Progress	Vitality
Fun	Prosperity	Wealth
Generosity	Punctuality	Wisdom
Genuineness	Purpose	

## **SELF-CARE WORKSHEET**

Rate current use of wellness practices in your everyday life 0 (non-existent) to 5 (use every day).  
Wellness practices can include, pleasant activities, yoga, meditation, journaling, etc.)

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**What are your current roadblocks to effective self-care?**

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**What self-care/wellness practice would you like to implement? What values underline this goal? (see list)**

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### **TIPS TO IMPLEMENTING EFFECTIVE SELF-CARE:**

- Choose what wellness practice you are going to implement (see the list below if you do not have activity you would like to implement)
- Create a schedule when you are going to implement the activity
- Stick to the same schedule everyday
- Identify how you will overcome a roadblock if it presents itself

**What is your plan to implement effective self-care?**

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**The smallest, easiest step I can begin with is:**

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**The time, day, and date that I will take the first step is:**

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Pleasant Activities						
Acting	Amusing people	Attending a concert	Beachcombing	Being alone	Being with animals	Being at the beach
Being complimented	Being coached	Being counseled	Being in the country	Being at a family get-together	Being at a fraternity/ sorority	Being with friends
Being with happy people	Being in the mountains	Being with my roommate	Being with someone I love	Being told I am loved	Being with my parents	Bird-watching
Boating/ canoeing	Budgeting my time	Buying things for myself	Buying something for someone I care about	Camping	Caring for plants	Canning/ Making preserves
Cheering for something	Collecting things	Combing/ brushing my hair	Completing a difficult task	Complimenting or praising someone	Cooking	Counseling someone
Dancing	Dating someone I like	Designing/ Drafting	Discussing my favorite hobby	Doing art work	Doing experiments	Doing favors for people I like
Doing housework	Dreaming at night	Driving long distances	Eating good meals	Exploring/ Hiking	Expressing love to someone	Feeling the presence of a Higher Power
Fishing	Fixing machines	Gardening/ Doing yardwork	Gathering natural objects	Giving gifts	Giving a party for someone	Getting up early
Getting massages	Giving massages	Going to an amusement park/ zoo	Going to a barber/ beautician	Going to a concert	Going to lectures	Going to a luncheon/ potluck
Going to a health club/ sauna/spa	Going to the movies	Going to a museum	Going on nature walks/ field trips	Going to a play	Going to a restaurant	Going to a reunion
Going to a spiritual/ peaceful place	Going to a sports event	Having coffee/tea with friends	Having daydreams	Having friends over to visit	Having a lively talk	Having lunch with friends
Kicking sand/ pebbles/leaves	Kissing	Knitting/ crocheting	Laughing	Learning something new	Listening to the radio	Listening to music
Looking at the stars/ moon	Making charitable donations	Making food to give away	Making a new friend	Meditating/ Doing yoga	Planning or organizing something	Playing sports
Playing cards	Playing music	Playing with a pet	Playing in nature	Playing a board game/ chess	Photography	Repairing things
Reading	Reminiscing	Riding in an airplane	Running/ jogging	Saying prayers	Seeing beautiful scenery	Seeing old friends
Sewing	Shaving	Singing	Sleeping late	Smelling a flower or plant	Seeing good things happen to people	Solving a puzzle/ crossword
Speaking a foreign language	Staying up late	Smiling at people	Taking a bath	Using my strengths	Watching TV	Writing in a journal

# **SESSION 3: The Cognitive Behavioral Model**

## **Progressive Muscle Relaxation Script**

- Sit back or, when you are at home, lie down in a comfortable position. Shut your eyes if you're comfortable doing so; if not, soften your gaze on a fixed point.
- Start by taking a deep breath and noticing the feeling of air filling your lungs. Hold your breath for a few seconds. One.....two.....three... Release the breath slowly and let the tension leave your body.
- Now, take another deep breath and hold it. One.....two.....three.... Slowly release the air.
- Even slower now, take another breath in. Fill your lungs and hold the breath. One.....two.....three. Slowly release the breath and imagine the feeling of tension leaving your body with each breath out.
- We are going to begin progressively tensing and releasing our muscles. Let's start by clenching our fists, tighter and tighter. Hold. Study the tension in your fists, wrists and forearms as you hold the clenched fist. *(5 second pause)*. Now let go and relax your hands. Feel the looseness in your hands and notice the contrast between the tension and the feeling of relaxation. *(5 second pause)*
- Now bend your elbows and tense your biceps. Tense them as hard as you can and observe the feeling of tautness. Hold. *(5 second pause)*. Okay, relax. Straighten out your arms. Notice the feeling of relaxation in your hands, arms, and shoulders. Notice how your arms feel limp and at ease. *(5 second pause)*
- Okay, let's turn our attention to our head. Wrinkle your forehead as tight as you can. Hold. *(5 second pause)* Now relax and smooth it out. *(5 second pause)*
- Now close your eyes, squint them tighter. Feel the tension. *(5 second pause)*. Now, relax your eyes. Let them remain closed gently and comfortably. *(5 second pause)*
- Okay, still focusing on our heads, roll your head to the right and feel the changing locus of stress, roll it to the left. *(5 second pause)*
- Straighten your head and bring it forward. Press your chin against your chest. Feel the tension in your throat, the back of your neck. Hold. *(5 second pause)* Relax, allowing your head to return to a comfortable position. Let the relaxation deepen. *(5 second pause)*
- Next, tense the muscles in your back by bringing your shoulders together behind you. Hold them tightly. Tense them as hard as you can without straining and keep holding *(5 second pause)*. Now let go. Release the tension from your back. Feel the tension slowly leaving your body, and the new feeling of relaxation. Notice how different your body feels when you allow it to relax. *(5 second pause)*
- Now shrug your shoulders up to your ears and hold. *(5 second pause)* Relax your shoulders. Drop them back and feel the relaxation spreading through your neck, throat and shoulders. Give your body a chance to relax. Feel the comfort and the heaviness. *(5 second pause)*
- Next, breathe in and fill your lungs completely. Hold your breath. Notice the tension. *(5 second pause)* Now exhale. Let the air hiss out and let your chest become loose. Continue relaxing, letting your breath come freely and gently. *(5 second pause)*
- Now tighten your buttocks and thighs. Squeeze your thighs as hard as you can and hold. *(5 second pause)*. Release. Feel the difference as you let go. *(5 second pause)*
- Now let's move our attention to the calves and feet. Press your toes downward, making your calves tense. Study the tension. *(5 second pause)*. Relax. *(5 second pause)*.
- Now bend your toes towards your face, creating tension in your shins. *(5 second pause)*. Relax again. *(5 second pause)*.
- Okay. Finally, tense your entire body. Tense your feet, legs, stomach, chest, arms, head, and neck. Tense hard, without straining. Hold the tension. *(5 second pause)*. Relax. Feel the looseness and heaviness throughout your body as the relaxation deepens. Let go more and more. Experience the relaxation deepening. Pay attention to the feeling of relaxation, and how different it is from the feeling of tension *(Wait 10 seconds)*.
- Begin to wake your body up by slowly moving your muscles. Adjust your arms and legs. Stretch your muscles and open your eyes when you're ready.

# Common Anxiety Symptoms

## Physical Symptoms

- Increased heart rate
- Shortness of breath
- Chest pain or pressure
- Choking sensation
- Dizziness, lightheadedness
- Sweating, hot flashes, chills
- Nausea, upset stomach, diarrhea
- Trembling, shaking
- Weakness, unsteadiness, faintness
- Tense muscles, rigidity
- Dry mouth
- Other: \_\_\_\_\_

## Behavioral Symptoms

- **Avoidance** of threat cues or situations
- **Escape**, flight
- Pursuit of safety, reassurance
- Restlessness, agitation, pacing
- Hyperventilation
- Freezing, motionlessness
- Difficulty speaking
- Other: \_\_\_\_\_

## Cognitive Symptoms

- Fear of losing control, being unable to cope
- Fear of physical injury or death
- Fear of “going crazy”
- Fear of negative evaluations by others
- Frightening thoughts, images, or memories
- Perceptions of unreality or detachment
- Poor concentration, confusion, distractibility
- Narrowing of attention, hypervigilance for threat
- Poor memory
- Difficulty in reasoning, loss of objectivity
- Other: \_\_\_\_\_

## Emotional Symptoms

- Feeling nervous, tense, wound up
- Feeling frightened, fearful, terrified
- Being edgy, jumpy, jittery
- Being impatient, frustrated
- Other: \_\_\_\_\_

# Common Depressive Symptoms

Behaviors	Thoughts	Emotions	Physical Sensations
Increased or reduced sleep	Reduced focus/ concentration	Low Mood or persistent sadness	Fatigue or low energy
Withdrawing from friends, family, pets	Suicidal thoughts or preoccupation with death	Loss of Pleasure for things you used to enjoy	Unexplained aches and pains
"self-medicating" with alcohol or other drugs	Self-criticism	Anger or irritability	"heaviness" in the body
Changes to eating or weight	Worry about something awful happening	Guilt	Appetite disruption
Suicide attempts	Fear of rejection	Numbness or feelings of emptiness	Gastrointestinal problems
Physical restlessness or slowing	Inability to make decisions	Hopelessness	Changes to sex drive
Poor hygiene			
Crying Spells			

## Anxiety Cross Sectional Formulation

**Situation** *(When? Where? What? With whom? What did you feel anxious about?)*

A student invited me to a party in my residence hall, but I didn't know her very well and felt anxious about going.

**Physical** *(When anxious, what physical sensations did you experience? What did you notice in your body?)*

Heart racing, tight chest, shallow breathing, hot

**Emotional** *(What emotions came up for you when you felt anxious?)*

Scared, ashamed,  
Lonely, agitated, nervous

**Cognitive** *(What went through your mind when you felt anxious? What did that say or mean about you or the situation?)*

I won't know anyone at the party and will feel awkward. No one will like me because I'm so socially awkward. I won't have fun. But if I say no, this person won't like me and I wouldn't make friends.

**Behavioral** *(What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?)*

My first instinct was to say no. I avoided saying no but telling her that I would think about it. I never got back to her. I didn't go to the party.

## Depression Cross Sectional Formulation

**Situation** *(When? Where? What? With whom?)*

**I have a group assignment due for my class. I asked a fellow classmate to be my partner, but she declined.**

**Physical** *(When depressed, what physical sensations did you experience? What did you notice in your body?)*

**Upset stomach, tired, lost my appetite, got really hot**

**Emotional** *(What emotions came up for you when you felt depressed?)*

**Sad, ashamed, embarrassed, rejected, lonely, irritable**

**Cognitive** *(What went through your mind when you felt depressed? What did that say or mean about you or the situation?)*

**I knew I shouldn't have asked her; she's way smarter than me and she knows it. If we had worked together, I only would have brought down the grade. I'm so stupid. She must hate me.**

**Behavioral** *(What was your first instinct and/or response? What did you do and/or avoid doing?)*

**I want to avoid asking anyone else in case they say no. I left class early and haven't found a partner to work with. I'll avoid talking to her in the future.**

# Cross Sectional Formulation

**Situation** *(When? Where? What? With whom? What did you feel anxious/depressed about?)*

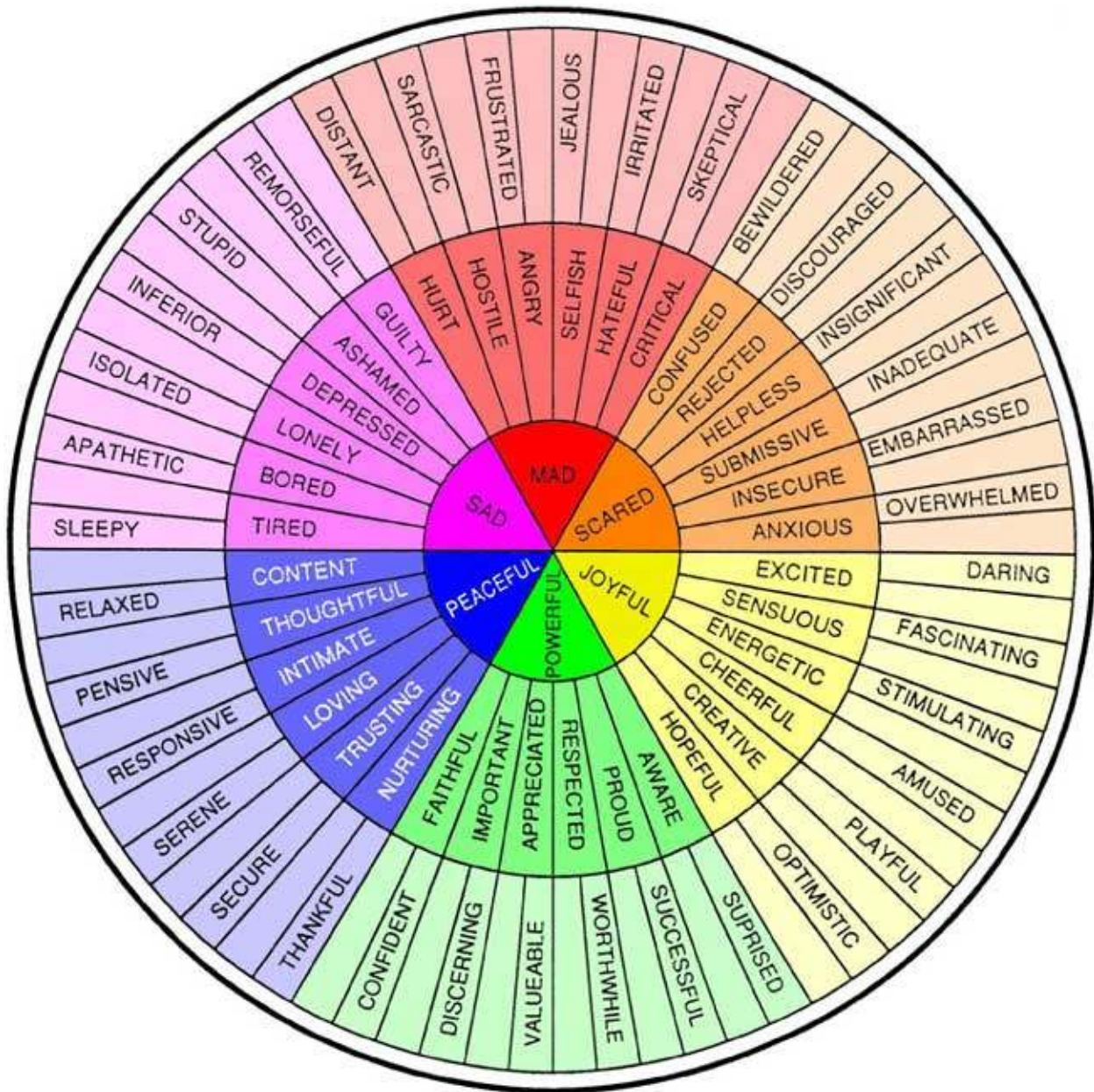
**Physical** *(When anxious/depressed, what physical sensations did you experience? What did you notice in your body?)*

**Emotional** *(What emotions came up for you when you felt anxious/depressed?)*

**Cognitive** *(What went through your mind when you felt anxious/depressed? What did that say or mean about you or the situation?)*

**Behavioral** *(What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?)*

# Feelings Wheel



# Cross Sectional Formulation

**Situation** *(When? Where? What? With whom? What did you feel anxious/depressed about?)*

**Physical** *(When anxious/depressed, what physical sensations did you experience? What did you notice in your body?)*

**Emotional** *(What emotions came up for you when you felt anxious/depressed?)*

**Cognitive** *(What went through your mind when you felt anxious/depressed? What did that say or mean about you or the situation?)*

**Behavioral** *(What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?)*

# Cross Sectional Formulation

**Situation** (*When? Where? What? With whom? What did you feel anxious/depressed about?*)

**Physical** (*When anxious/depressed, what physical sensations did you experience? What did you notice in your body?*)

**Emotional** (*What emotions came up for you when you felt anxious/depressed?*)

**Cognitive** (*What went through your mind when you felt anxious/depressed? What did that say or mean about you or the situation?*)

**Behavioral** (*What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?*)

# Cross Sectional Formulation

**Situation** *(When? Where? What? With whom? What did you feel anxious/depressed about?)*

**Physical** *(When anxious/depressed, what physical sensations did you experience? What did you notice in your body?)*

**Emotional** *(What emotions came up for you when you felt anxious/depressed?)*

**Cognitive** *(What went through your mind when you felt anxious/depressed? What did that say or mean about you or the situation?)*

**Behavioral** *(What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?)*

# **SESSION 4: AUTOMATIC THOUGHTS AND UNHELPFUL COGNITIONS**

## **“54321” Grounding Exercise**

- Name 5 things you can see in the room with you.
- Name 4 things you can feel (tactile; e.g. “chair on my back” or “feet on floor”)
- Name 3 things you can hear right now
- Name 2 things you can smell right now
- Name 1 you can taste or 1 good thing about yourself



\*\*\*Additional grounding techniques can be found in the appendix on pages 57 & 58\*\*\*

# Unhelpful Thinking Styles

## All or nothing thinking



Sometimes called 'black and white thinking'

*If I'm not perfect I have failed*

*Either I do it right or not at all*

## Over-generalizing



Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

## Mental filter



Only paying attention to certain types of evidence.

*Noticing our failures but not seeing our successes*

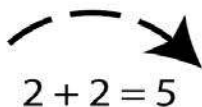
## Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

*That doesn't count*

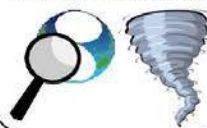
## Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

## Magnification (catastrophizing) & minimization



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

## Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

*I feel embarrassed so I must be an idiot*

## should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

## Labeling



Assigning labels to ourselves or other people

*I'm a loser  
I'm completely useless  
They're such an idiot*

## Personalization

**"this is my fault"**

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

## Unhelpful Behaviors

Get up at different times every morning	Go to bed at different times every night	Miss class	Don't do a homework assignment	Wait until the last minute to get something done	Stop washing your hair
Stop brushing your teeth	Skip a test	Stop going to team or club meeting	Ignore or decline invites to hang out	Skip a meal	Over eat
Eat lots of junk food	Binge drink	Smoke cigarettes	Stop talking to/actively avoid your friends	Stop talking to/actively avoid your family	Don't seek help when you are struggling
Stay inside all the time	Play video games for hours	Constantly monitor social media	Stay in your bed	Stay in your room; don't leave	Stop talking to your roommate
Stop completing tasks	Stop going to work	Stop exercising	Watch a lot of TV	Only eat one meal a day	Argue with other people
Stop doing your hobbies	Only focus on the negative	Complain a lot	Use recreational drugs	Sleep all day	Don't move
Only listen to music that makes you sad, angry or upset	Stop smiling and laughing	Stop going to church, meditating or praying	Let your room get really disorganized	Self-harm	Smoke marijuana

# Cross Sectional Formulation

**Situation** (*When? Where? What? With whom? What did you feel anxious/depressed about?*)

**Physical** (*When anxious/depressed, what physical sensations did you experience? What did you notice in your body?*)

**Emotional** (*What emotions came up for you when you felt anxious/depressed?*)

**Cognitive** (*What went through your mind when you felt anxious/depressed? What did that say or mean about you or the situation?*)

**Behavioral** (*What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?*)

# Cross Sectional Formulation

**Situation** *(When? Where? What? With whom? What did you feel anxious/depressed about?)*

**Physical** *(When anxious/depressed, what physical sensations did you experience? What did you notice in your body?)*

**Emotional** *(What emotions came up for you when you felt anxious/depressed?)*

**Cognitive** *(What went through your mind when you felt anxious/depressed? What did that say or mean about you or the situation?)*

**Behavioral** *(What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?)*

# Cross Sectional Formulation

**Situation** (*When? Where? What? With whom? What did you feel anxious/depressed about?*)

**Physical** (*When anxious/depressed, what physical sensations did you experience? What did you notice in your body?*)

**Emotional** (*What emotions came up for you when you felt anxious/depressed?*)

**Cognitive** (*What went through your mind when you felt anxious/depressed? What did that say or mean about you or the situation?*)

**Behavioral** (*What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?*)

## Maintaining Depressed Mood

Your task is to be a curious investigator or scientist in the study of you for at least two days this week. What are your thought and behavior patterns that perpetuate feeling depressed? What perpetuates feeling okay or good? What is not working and what is working?

### **Things I think and do that maintain my depressed mood:**

Examples of thoughts: Magnification, disqualifying the positive, emotional reasoning

Examples of behaviors: Skip meals, stop exercising, stay up late, stop showering, miss class, avoid friends

Day	Thoughts	Behaviors
1		
2 (Sat or Sun)		

### **Things I think and do that help me feel okay, good, and/or accomplished:**

Examples of thoughts: Compliment yourself, give yourself credit for doing something, talk back to your negative thoughts, remind yourself to be gentle to yourself, think about a good memory

Examples of behaviors: Read a book for fun, go to a club meeting, brush my teeth at night, go to the library to study, clean/organize my room, eat breakfast, take vitamins, call a friend, go to a coffee shop, do a chore.

Day	Thoughts	Behaviors
1		
2 (Sat or Sun)		

## Maintaining an Anxious State

Your task is to be a curious investigator or scientist in the study of you for at least two days this week. What are your thought and behavior patterns that perpetuate your anxiety? What perpetuates feeling okay or good? What is not working and what is working?

### **Things I think and do that maintain my anxious state:**

Examples of thoughts: Catastrophizing, disqualifying the positive, black and white thinking.

Examples of behaviors: Canceling plans with friends, avoiding large gatherings, skip class.

Day	Thoughts	Behaviors
1		
2 (Sat or Sun)		

### **Things I think and do that help me feel okay, calm, and/or accomplished:**

Examples of thoughts: Talk back to your negative thoughts, remind yourself that spending time with your friends makes you feel better.

Examples of behaviors: Utilize a deep breathing technique, practice 5, 4, 3, 2, 1 grounding, exercise, spend time with friends doing an enjoyable activity.

Day	Thoughts	Behaviors
1		
2 (Sat or Sun)		

# **SESSION 5: Alternative Responses**

## **Relaxation Technique: Guided Imagery**

Close your eyes and imagine your restful place. Picture it as vividly as you can: everything you see, hear, smell, taste, and feel. Just “looking” at it in your mind’s eye like you would a photograph is not enough. Visualization works best if you incorporate as many sensory details as possible. For example, if you are thinking about a dock on a quiet lake:

- See the sun setting over the water
- Hear the birds singing
- Smell the pine trees
- Feel the cool water on your bare feet
- Taste the fresh, clean air

Enjoy the feeling of your worries drifting away as you slowly explore your restful place. When you are ready, gently open your eyes and come back to the present. Don’t worry if you sometimes zone out or lose track of where you are during a visualization session. This is normal. You may also experience feelings of heaviness in your limbs, muscle twitches, or yawning. Again, these are normal responses.

## Identifying Triggers Worksheet

While at times it may be difficult to identify a trigger, understanding your triggers for anxiety is an important step in helping you know when to implement and/or emphasize practice of the coping strategies you will learn in Anxiety Toolbox. Triggers can be external events (e.g., a test) or internal stimuli (e.g., a physical sensation or emotion) that led to your experience of anxiety (i.e., the emotional, physical, cognitive, and behavioral symptoms previously discussed during this workshop). Remember that sometimes the symptoms themselves can be a trigger that starts the cycle of anxiety.

The following are some typical categories in which triggers might appear with examples:

### Responses to Internal Stimuli:

- **Emotions:** e.g., feeling down, fear or worry
- **Mental Images:** e.g., replaying interpersonal interactions or performance experience
- **Physical State:** e.g., racing heartbeat, lightheadedness, tightness in chest
- **Thoughts:** e.g., “I might fail this test”, “That person must not like me”, “If someone talks to me in class, I won’t be able to handle it.”

### Responses to External Stimuli:

- **Presence of Others:** e.g., attending a social event, meeting with a professor, spending time with roommates, family interactions
- **Physical Setting:** e.g., a classroom, open areas on campus, inside a car
- **Social Pressure:** e.g., feeling pressured to make friends, feeling pressured to perform well in school (in comparison to your peers)
- **Activities:** e.g., a sports event, a party, going home for the weekend

List some triggers you experience related to your anxiety:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Self-Affirmations

This cheat sheet should help you create self-affirmations that are effective and personalized. Affirmations can focus on several categories, including character traits, physical attributes, and skills and/or accomplishments.

1. Start your affirmations with “I am” (e.g., “I am a good friend”)
2. Keep them short (we don’t need a novel)
3. Keep them positive (avoid saying “not”)
4. Use feeling words when you can (e.g., “I am proud of myself”)
5. Keep them focused on you (after all, they are **self**-affirmations)

Examples: “I am proud that I am hard-working” or “I am thankful for my strong legs”

## My Self-Affirmations:

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**Feeling stuck?** Ask yourself questions like these:

- When was a time that you felt proud of yourself and why?
- Have you ever forgiven someone who has hurt you?
- Have you ever received a compliment that you agree with?
- What would your best friend or a loved one say about you?

**Feeling Guilty?** Consider this:

- We are socialized to ignore or minimize our positive characteristics.
- Unfortunately, we then just dwell on our “negatives.”
- Practicing self-affirmations helps bring balance and improve mood.

# Alternative Response Worksheet

**Situation:** (When? Where? What? With whom? What did you feel **anxious/depressed** about?)

**A student invited me to a party in my residence hall, but I didn't know her very well and felt anxious about going.**

**Alternative Thoughts and Images:** (Are these thoughts helpful? Are the anxious/depressed thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture?)

***I may not be as socially awkward as I think.***

***If she invited me, she probably wants me there.***

***I might still have an okay time even if I am anxious***

**Alternative Behaviors:** (What could you do that would be more helpful for you, others, &/or the situation? What are coping strategies that might be helpful?)

**Coping Strategies I Can Use:**

- ☐ Deep breathing
- ☐ Distract myself
- ☐ Seek support from a friend/ family member
- ☐ Do a pleasurable activity
- ☐ Use alternative response worksheet

**Alternative Feelings:** (What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?)

***Excited***

***Wanted***

***Liked***

***Hopeful***

**Original Outcome:** (What was the original outcome?) ***I stayed in my room and watched Netflix.***

**Desired Outcome:** (Using these new alternatives, what would you like the outcome to be in the future?) ***I want to go to the party so that I can make friends. If I feel too uncomfortable, I can always leave.***

# Alternative Response Worksheet

**Situation** (When? Where? What? With whom? What did you feel anxious/depressed about?) *I have a group assignment due for my class. I asked a fellow classmate to be my partner, but she declined.*

<p><b>Alternative Thoughts and Images:</b> (Are these thoughts helpful? Are the anxious/depressed thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture? )</p> <p><i>She might already have a partner.</i></p> <p><i>I've done well in this class so far, so I might not be stupid.</i></p> <p><i>Not everyone is going to like me and that is okay.</i></p>	<p><b>Alternative Behaviors:</b> (What could you do that would be more helpful for you, others, &amp;/or the situation? What are coping strategies that might be helpful?)</p> <p><b>Coping Strategies I Can Use:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Deep breathing</li> <li><input type="checkbox"/> Distract myself</li> <li><input type="checkbox"/> Seek support from a friend/ family member</li> <li><input type="checkbox"/> Do a pleasurable activity</li> <li><input type="checkbox"/> Use alternative response worksheet</li> </ul>	<p><b>Alternative Feelings:</b> (What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?)</p> <p><b>Content</b></p> <p><b>Calm</b></p> <p><b>Reassured</b></p>
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**Original Outcome:** (What was the original outcome?) I feel stupid, I don't join a group and wait for the professor to assign me one. I don't work on the project because I am embarrassed that professor had to assign me into a group.

**Desired Outcome:** (Using these new alternatives, what would you like the outcome to be in the future?)

I am able to feel reassured and find another group to join. I complete the project and do well on it.

# Alternative Response Worksheet

**Situation** (*When? Where? What? With whom? What did you feel anxious/depressed about?*)

**Alternative Thoughts and Images:** (*Are these thoughts helpful? Are the anxious/depressed thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture? )*

**Alternative Behaviors:** (*What could you do that would be more helpful for you, others, &/or the situation? What are coping strategies that might be helpful?*)

**Coping Strategies I Can Use:**

- ☐ *Deep breathing*
- ☐ *Distract myself*
- ☐ *Seek support from a friend/ family member*
- ☐ *Do a pleasurable activity*
- ☐ *Use alternative response worksheet*

**Alternative Feelings:** (*What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?*)

**Original Outcome:** (*What was the original outcome?*)

**Desired Outcome:** (*Using these new alternatives, what would you like the outcome to be in the future?*)

## If you're having trouble, ask yourself these questions:

Whenever we recognize an anxiety-related thought, feeling or behavior, it can be very helpful to ask ourselves the following questions:

### Alternative THOUGHTS:

1. What are other ways of looking at this situation?
2. Am I looking at the whole picture?
3. What might be a more helpful way of picturing this situation?
4. What unhelpful thinking styles might I be using here (see below)?
5. What is the evidence that my thoughts are true? Is there an alternative way of thinking about this situation that is more true?
6. What is the probability that my thoughts will happen? What are some other things that could happen that are equally, if not more, probable?
7. Have I had any experiences in the past that suggests that this thought might not be COMPLETELY true ALL of the time?
8. Can I really predict the future? Is it helpful to try? What is more helpful?
9. Am I exaggerating how bad the result might be? What is more realistic?
10. Can I read people's minds? What else might they be thinking (that's not so negative)?
11. If a friend or loved one were in this situation and had this thought, what would I tell them?

<i>Common Cognitive Distortions (Unhelpful Thinking Styles)</i>	
<b>All or Nothing Thinking:</b> thinking in absolute, black and white categories	<b>Over-generalizing:</b> seeing a pattern based upon a single event or being overly broad in conclusions we draw
<b>Mental Filter:</b> only paying attention to certain types of evidence (e.g., dwelling on the negatives)	<b>Disqualifying the positive:</b> discounting the good things that have happened
<b>Jumping to Conclusions:</b> <b>Mind reading:</b> imagining we know what others are thinking <b>Fortune telling:</b> predicting the future	<b>Magnification (catastrophizing) and minimization:</b> blowing things out of proportion or inappropriately shrinking something to make it seem less important
<b>Emotional Reasoning:</b> assuming because we feel a certain way, what we think must be true	<b>Should/Must Thinking:</b> Using words like "should", "must", "ought to" or "have to"
<b>Labeling:</b> assigning labels to ourselves or others	<b>Personalization:</b> blaming yourself for something you weren't entirely responsible for OR blaming others and overlooking ways you may have contributed to the outcome

Alternative BEHAVIORS:

1. What could I do in the moment that would be more helpful?
2. What's the best thing to do (for me, for others, or for the situation)?
3. If my feared situation happens, how will I cope? What coping skills can I use to handle my feared situation? What have I done in the past that was successful?
4. Am I needing to work on acceptance, letting go of control, being okay with less than perfect, or having faith in the future and myself?
5. Breathe: Focus your attention on your breathing. Imagine you have a balloon in your belly, inflating on the in-breath, deflating on the out-breath.

Alternative FEELINGS:

1. What might it feel like if I acted/thought differently?
2. When I'm not feeling this way, do I think about this situation differently?
3. Are there any strengths or positives in me or the situation that I might be ignoring?
4. What else might this anxiety be related to? Is it *really* about feeling \_\_\_\_\_?
5. Tell yourself: "This feeling will pass. It's a normal body reaction."

## Other Helpful Thought Tips

1. **Stopping.** Interrupt a thought as it begins. Use a strong image or a word to interrupt the thought. Strongly state it, either internally or aloud.



2. **Distracting.** Redirect your mind to something else internally or externally, preferably something pleasant and engaging.



3. **Mindful Observing.** Watch, label, or log your thoughts. Use the language "I am thinking ..." or "My mind is having the thought that..." to distance yourself from the thought.

4. **Understanding.** Begin to understand where thoughts come from by asking a number of questions, including: What is the purpose of this thought? Does it tie to a specific schema?

5. **Mindfully Letting Go.** Use imagery or words to visualize thoughts passing by. Good examples are clouds in the sky or leaves on a stream.



6. **Gratitude.** Try to focus on something that you are grateful for from the past, present, or future.

# Putting it all Together:

## My Plan for Managing Anxiety/Depression

1. My primary anxiety/depressive symptoms include: [pg. 23, 24]
  - a. Emotional:
  - b. Physical:
  - c. Cognitive:
  - d. Behavioral:
2. Some of my unhelpful ways of thinking are: (e.g., all or nothing thinking, catastrophizing, etc.) [pg. 34]
3. Some of my unhelpful behaviors are: (e.g., isolating, staying in bed) [pg. 35, 39, 40]
4. My situational and cognitive triggers are: (e.g., unfamiliar situations, negative thoughts, etc.) [pg. 43]
5. The most helpful relaxation techniques are: [pgs. 8, 9, 16, 22, 33, 42, 57, 58]
6. The best time and place to practice relaxation exercises:

7. One sleep and one exercise tool I plan to use: [pgs. 17, 19]
8. Two thought exercises I plan to use are: (e.g., alternative responses (what specific questions from page 47), self-affirmations)[27, 44, 47, 48, 50]
9. MY GOALS: Name 2 goals you would like to achieve ***over the next few months***, related to depression/anxiety and self-care. Think: **specific, achievable, and measurable.**
- a. Name 2 goals you would like to achieve related to ANXIETY/DEPRESSION (e.g., Thinking about the strategies you find most helpful, what would you like to try, how often, when, etc.?)
- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- b. Name 2 goals you would like to achieve related to SELF-CARE: (What will your self-care look like over the next few months? These could be goals related to nutrition, exercise, sleep, schoolwork, leisure activities, etc.) [pg. 17, 19, 20, 55, 56]
- i. \_\_\_\_\_
- ii. \_\_\_\_\_
10. Reminder about plan and goals:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# APPENDIX

## Online Resources

Mayo Clinic Stress Reduction Website

<http://www.mayoclinic.com/health/mindfulness-exercises/MY02124>

Meditation Oasis [www.meditationoasis.com](http://www.meditationoasis.com)

Mindful [www.mindful.org](http://www.mindful.org)

Mindfulness Research Guide <http://www.mindfulexperience.org/>

UCLA Mindful Awareness Research Center- Guided Meditations

<http://marc.ucla.edu/body.cfm?id=22>

## Apps for your Smartphone, Tablet, or Computer

ACT Coach

Breathe2relax

Breathing techniques by Hemalayaa

CBTi-Coach

Mindfulness Coach

Mindshift

T2 Mood Tracker

Take a break!

## Helpful Behavioral Tips

The following lists of ideas are meant to get you thinking about possibilities for helpful behaviors. The activities do not have to be huge commitments; focus on small baby steps. Choose activities that are do-able for you when you are feeling down. The more success you have in doing the little things, the more likely you will be motivated to try more things.

### **Ideas for Socializing**

- |   |   |
|---|---|
| <input type="checkbox"/> Watch a movie with a friend                    | <input type="checkbox"/> Go to a gym class, dance class, martial arts class, etc. |
| <input type="checkbox"/> Go to an intramural or CP game                 | <input type="checkbox"/> Go eat free samples at Farmer's Market                   |
| <input type="checkbox"/> Go to the library, UU, or dorm lounge to study | <input type="checkbox"/> Plan to eat a meal with a roommate/friend                |
| <input type="checkbox"/> _____  | <input type="checkbox"/> _____  |

### **Ideas for Pleasant Activities**

- |   |   |
|---|---|
| <input type="checkbox"/> Play with a pet                | <input type="checkbox"/> Color/Paint/Draw/Sculpt            |
| <input type="checkbox"/> Go shopping or window shopping | <input type="checkbox"/> Write a poem, music, play, story   |
| <input type="checkbox"/> Fix/tinker with something      | <input type="checkbox"/> Read for fun                       |
| <input type="checkbox"/> Listen to music                | <input type="checkbox"/> Watch the sunset/rise at the beach |
| <input type="checkbox"/> _____                          | <input type="checkbox"/> _____                              |

### **Ideas for Mastery Activities**

- |   |   |
|---|---|
| <input type="checkbox"/> Wash a dish or two (even if they aren't yours) | <input type="checkbox"/> Read a chapter or a page of your homework assignment |
| <input type="checkbox"/> Do laundry                                     | <input type="checkbox"/> Take out the trash                                   |
| <input type="checkbox"/> Return a phone call                            | <input type="checkbox"/> Pay a bill   |
| <input type="checkbox"/> Write that email to your professor             | <input type="checkbox"/> _____  |

## Other Helpful Behavioral Tips for Managing Depression

1. **Get sunlight:**

Aim for 5 to 15 minutes of sunlight a day.



Sunlight increases the brain's release of serotonin, which is associated with boosting mood.

2. **Get a massage:** Massage boosts serotonin and decreases stress hormones. Try giving yourself a massage by lying on or leaning against a tennis ball or rolling it against your muscles.

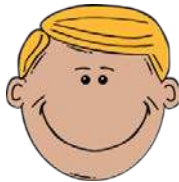


improve mood and has benefits similar to that of exercise and relaxation techniques.

Yoga poses that incorporate back bends and opening the chest help to increase positive emotions.

4. **Stand up straight:** Your body tells your brain how to feel. Stand up straight and open your chest to feel more confident.

5. **Smile** (*even if you're faking*): When you smile, you are more likely to perceive positive emotions in other people, which can positively impact your mood.



Smiling will lead your brain to believe that you are happy.

6. **Laugh** (*even if you're faking*): Your brain does not distinguish



between real and fake laughter. If your brain gets signals from your body that you should feel happy, then it is more likely to feel happy.

7. **Do Progressive Muscle**

**Relaxation:** Flex a tight muscle for a few seconds and release. Pay particular attention to your facial muscles as those have the largest effect on emotion.

8. **Create/listen to music:** Music can help regulate your emotions. It can be soothing and help you feel calm and/or it can be energizing and pump you up.

9. **Dance:** Dancing combines music and physical activity so it is a double whammy.



10. **Journal:** Labeling your emotions and writing your story can be cathartic and help you organize your thoughts.

Adapted from Alex Korb's "The Upward Spiral"

## Grounding Exercises

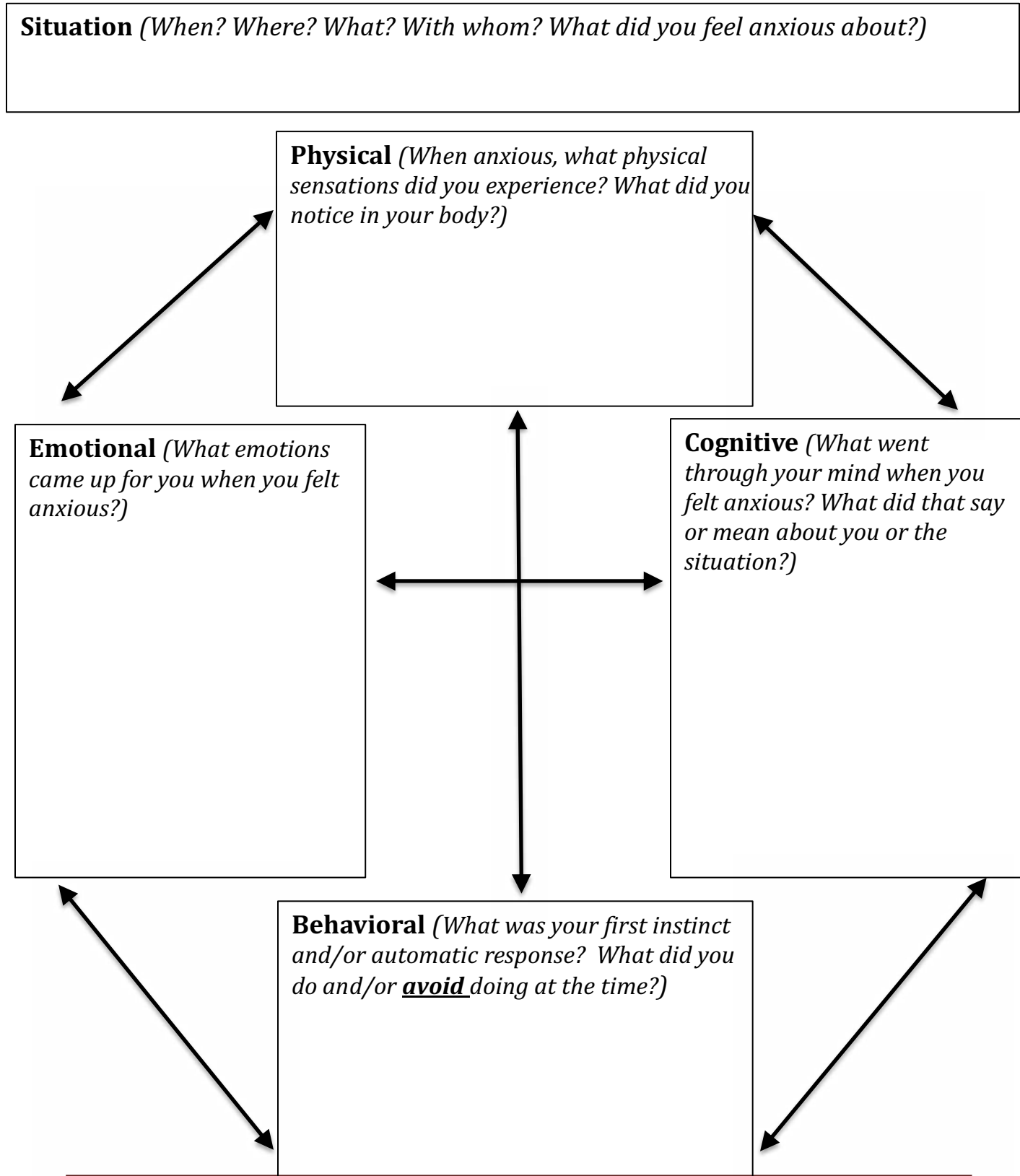
When people become overwhelmed with distressing thoughts or feelings, including intense anxiety, activities that keep your mind and body connected (called “grounding”) can be helpful in regaining a sense of stability and mental focus. The following are a number of grounding exercises to choose from to help firmly anchor you in the present moment and provide you with space to choose where to focus your energy. **You may need to try multiple different exercises to find one or two that work best for you.**

1. Remind yourself of who you are now. State your name, age and where you are right now.
2. Take ten slow deep breaths. Focus your attention on each breath on the way in and on the way out. Say the number of the breath to yourself as you exhale.
3. Splash water on your face or place a cool wet cloth on your face.
4. Pay purposeful attention as you hold a cold (non-alcoholic) beverage in your hands. Feel the coldness, and the wetness on the outside. Note the taste as you drink. You can also do this exercise with a warm beverage.
5. Find a “grounding object” to hold, look at, listen to, and/or smell. This could be a soft object such as a pillow or stuffed animal, a smooth stone you found on the beach, a picture of a beautiful scene or loved one, and/or any other object that represents safety or comfort.
6. Listen to music. Pay close attention and listen for something new or different.
7. If you wake up suddenly during the night and feel disoriented or distressed, remind yourself who you are and where you are. Look around the room and notice familiar objects and name them. Feel the bed you are lying on, the softness of the sheets or blankets, the warmth or coldness of the air, and notice any sounds you hear. Remind yourself that you are safe.
8. Feel the clothes on your body, whether your arms and legs are covered or not, and the sensation of your clothes as you move in them.
9. While sitting, feel the chair under you and the weight of your body and legs pressing down on it.
10. If you are lying down, feel the contact between your head, your body and your legs, as they touch the surface you are lying on. Starting from your head, notice how each part feels, all the way down to your feet, on the soft or hard surface.

11. Stop, look, and listen. Notice and name what you can see and hear nearby and in the distance.
12. Look around you, notice what is front of you and to each side, name first large objects and then smaller ones.
13. Get up, walk around, take your time to notice each step as you take one then another.
14. If you can, step outside, notice the temperature, the sounds around you, the ground under your feet, the smell in the air, etc.
15. “54321” Grounding Exercise:
  - Name 5 things you can see in the room with you.
  - Name 4 things you can feel (tactile; e.g. “chair on my back” or “feet on floor”)
  - Name 3 things you can hear right now
  - Name 2 things you can smell right now
  - Name 1 good thing about yourself
16. Write and/or say grounding statements
  - This situation won’t last forever
  - This too shall pass.
  - I can ride this out and not let it get me down.
  - My anxiety/fear/sadness won’t kill me; it just doesn’t feel good right now.
  - These are just my feelings and eventually they’ll go away.

Adapted from: <http://www.livingwell.org.au/well-being/grounding-exercises/>

# Cross Sectional Formulation



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**Situation** *(When? Where? What? With whom? What did you feel anxious about?)*

**Physical** *(When anxious, what physical sensations did you experience? What did you notice in your body?)*

**Emotional** *(What emotions came up for you when you felt anxious?)*

**Cognitive** *(What went through your mind when you felt anxious? What did that say or mean about you or the situation?)*

**Behavioral** *(What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?)*

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# Alternative Response Worksheet

**Situation** (*When? Where? What? With whom? What did you feel anxious/depressed about?*)

**Alternative Thoughts and Images:** (*Are these thoughts helpful? Are the anxious/depressed thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture? )*

**Alternative Behaviors:** (*What could you do that would be more helpful for you, others, &/or the situation? What are coping strategies that might be helpful?*)

**Coping Strategies I Can Use:**

- ☐ *Deep breathing*
- ☐ *Distract myself*
- ☐ *Seek support from a friend/ family member*
- ☐ *Do a pleasurable activity*
- ☐ *Use alternative response worksheet*

**Alternative Feelings:** (*What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?*)

**Original Outcome:** (*What was the original outcome?*)

**Desired Outcome:** (*Using these new alternatives, what would you like the outcome to be in the future?*)

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