

An abstract graphic on the left side of the slide, featuring a vibrant red background with flowing, organic shapes. A green, leaf-like element is visible at the top left, and a yellowish-green shape is partially visible below it.

# ANXIETY

Techniques and coping skills through school counseling interventions

# DEFINITION

Anxiety= feelings of worry, nervousness and unease during uncertain situations

Anxiety is a normal reaction to stress and it is short-term



# SYMPTOMS

## Physical

- Pounding or racing heart
- Shortness of breath
- Sweating
- Shaking/ tremor
- Headaches
- Fatigue/ trouble sleeping
- Upset stomach

## Emotional

- Feelings of apprehension/dread
- Tense
- Jumpy
- Restlessness
- Irritability
- Anticipating the worse
- Being watchful for signs of danger

# WHEN DOES ANXIETY BECOME A DISORDER?

- **Normal Anxiety**

- Worrying about paying bills, losing a job or other unfortunate life events
- Embarrassment/ self-consciousness in social situations
- A case of nerves before an exam, presentations or public speaking in front of large audience
- Realistic fear of a dangerous object, place or situation
- Sadness, distress or difficulty sleeping immediately after a traumatic event

- **Anxiety Disorder**

- Constant worry that causes significant distress and interferes with daily life
- Avoiding social situations out of the fear of being judged, embarrassed or humiliated
- Out of the blue panic attacks and constant fear of having another one
- Irrational fear or avoidance of the object, place or situation that triggers the anxiety
- Recurring nightmares and flashbacks of the traumatic event

# TYPES OF ANXIETY DISORDERS

**\*\*READ THE NOTES BELOW FOR MORE INFORMATION**

**Generalized Anxiety  
Disorder (GAD)  
Social Anxiety  
Panic Disorder**

**Specific Phobia  
Separation Anxiety  
Disorder  
Agoraphobia**

# ANXIETY DISORDERS

- To learn more about each type of anxiety disorder, visit the following websites:
  - [American Psychiatric Association](#)
  - [National Alliance on Mental Illness \(NAMI\)](#)
  - [Society for Adolescent Health and Medicine \(SAHM\)](#)
  - [National Institute of Mental Health](#)



# TECHNIQUES TO REDUCE ANXIETY

- ***Grounding Exercise***

Grounding means to bring your focus to the present. It means to be aware of what's happening physically, either in your body or in your surroundings; instead of being trapped in your mind where unhealthy thoughts are making you feel anxious.

## 5-4-3-2-1 Grounding Exercise

5 things you can see  
4 things you can hear  
3 things you can touch  
2 things you can smell  
1 thing you can taste

# TECHNIQUES TO REDUCE ANXIETY

## Cognitive Reframing

This is a psychological term where the negative thoughts are replaced with positive alternatives

### What to Tell Myself When I'm Feeling Anxious



1. This feeling won't last forever.
2. Thoughts and emotions aren't facts.
3. I can feel anxious and still handle this.
4. My bravery is stronger than my fear.
5. I am safe right now.
6. Anxiety is reminding me to slow down my breathing.
7. I've survived other tough times before, and I will be resilient this time, too.
8. This feeling is a normal reaction. I will use my coping tools to respond with thoughtfulness and self-compassion.
9. I don't have to figure this all out right now; I will trust the process.
10. Thank you anxiety for always trying to look out for me, but it's okay now; I got this

### COGNITIVE REFRAMING TIPS

turning "worst moments" to "positive experience"

"I can't believe that I have been diagnosed with"

REPLACE WITH

"I am going to use this diagnoses to live my best life ever, this is an opportunity to improve my overall health"

I can't believe that I am in this financial mess, I don't think I will be able to recover from it"

REPLACE WITH

"I can do something small every day to help create a better financial situation for myself"

"I don't know what my passion is, why do other people always seem to know what they are doing in life"

REPLACE WITH

"I am so excited to go on a journey of discovery, to find out what I really enjoy doing"

"Why did I embarrass myself like that"

REPLACE WITH

"That is going to be such a funny story to tell my friends"



# TECHNIQUES TO REDUCE ANXIETY



Individual Counseling



Group Counseling



Deep Breathing



Meditation



Muscle Relaxation Exercises



Mindfulness Activities



# COVID-19 & ANXIETY

- **Stress during an infectious disease outbreak can include:**
  - Fear and worry about your own health and the health of your loved ones
  - Changes in sleep or eating patterns
  - Difficulty sleeping or concentrating
  - Worsening of chronic health problems
  - Increased use of alcohol, tobacco or other drugs

# COVID 19 ANXIETY- COPING SKILLS

- Remember **it is normal to feel anxious** in an uncertain situation. Focus on what you can control.
- Try to **stick to your schedule** while you are at home. Maintaining structure helps alleviate distress & anxiety.
- **Self-soothe by practicing grounding, deep breathing, exercising, eating healthy and getting an adequate amount of sleep.** It helps us think through clearly.
- Be mindful of how much media coverage you are exposed to. **Stick to reliable sources** for information & remember **you don't need to be tuned in all day.**



# COVID 19 ANXIETY- COPING SKILLS

- Try to do some other activities you enjoy. **Make time to unwind.**
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- While in self-quarantine, arrange your **work space to be calming.**
- **Connect with family and friends** through group chats and video calls.
- **Your mental health is important!** Do not hesitate to seek help when you need it.

# Affirmations

## For

### Anxiety

1. I have faith that everything will work out
2. I am not alone in my struggles
3. Angels watch over me
4. I am strong
5. How every big the mountain, I can climb it
6. Every breathe I take fills my soul with ease
7. I am in control
8. I have everything that I need
9. I am confident
10. When anxiety visits me, I can breathe it all away
11. I am safe
12. I am loved
13. I am calm and mindful
14. I'm not afraid of what could go wrong, I am excited by what could go right
15. I accept myself for who I am
16. I'm doing the best that I can
17. Feelings are just visitors and I let them go
18. I am happy
19. I am blessed
20. I know that this will fade away