

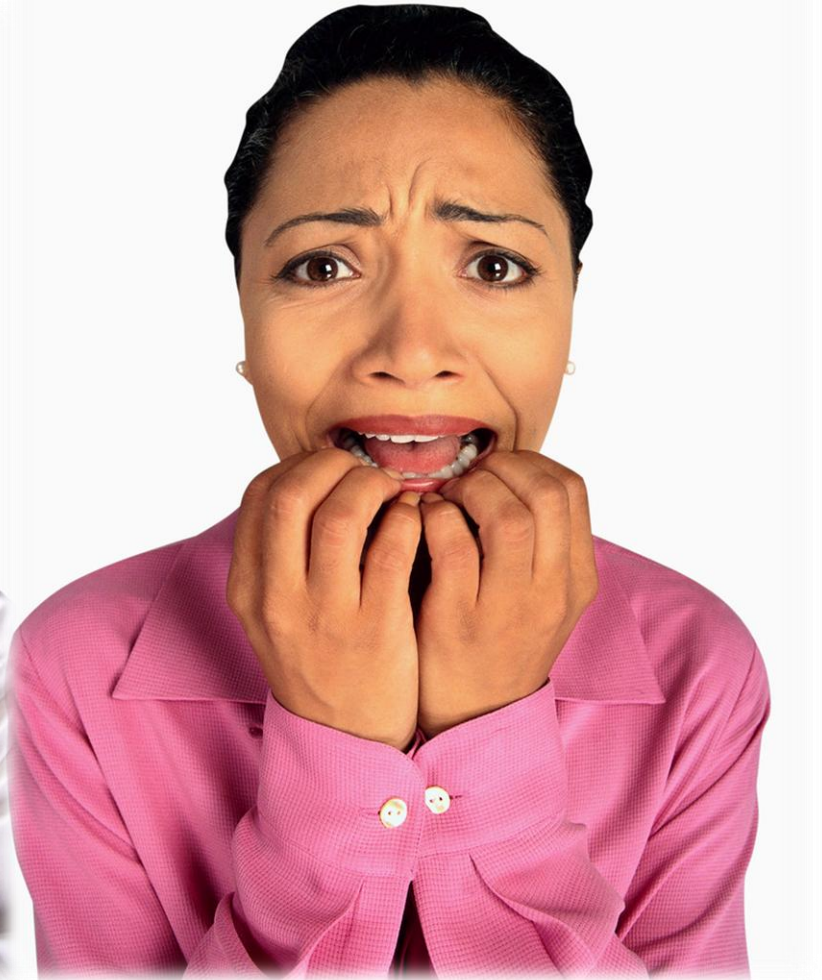


Anxiety . . .



Worries . . .

...and fears...





Learn something about...

Understanding Anxiety

Coping with Anxiety

Mind-Body Techniques

Cognitive Strategies

Handling Worries

Test Anxiety Strategies

Other Anxiety Reduction Strategies

The background of the slide is a soft-focus image of a water surface, showing gentle ripples and a clear horizon line under a pale sky. The water is a light blue color, and the overall tone is calm and serene.

Understanding Anxiety

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- 
- **Natural
Defensive
system**
 - **Red warning
light that
something is
amiss**

**WHAT IS
Anxiety?**

A close-up photograph of a man's face, partially obscured by his hand. He is covering his eyes and forehead with his fingers, a gesture often associated with stress, anxiety, or a desire to hide one's emotions. The background is plain white.

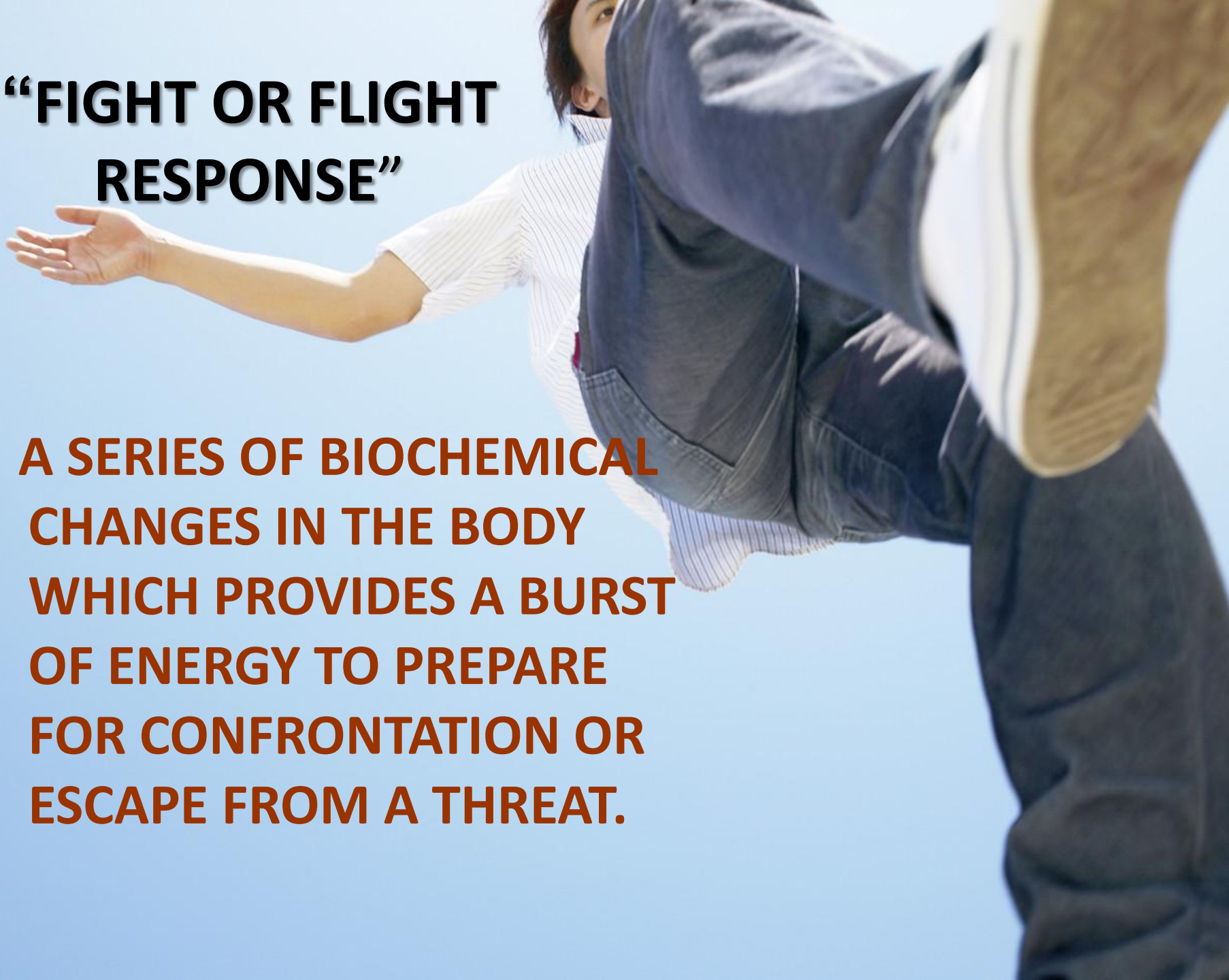
- Fight or flight response is engaged

- Anxiety arises with stress

WHAT IS Anxiety?

“FIGHT OR FLIGHT RESPONSE”

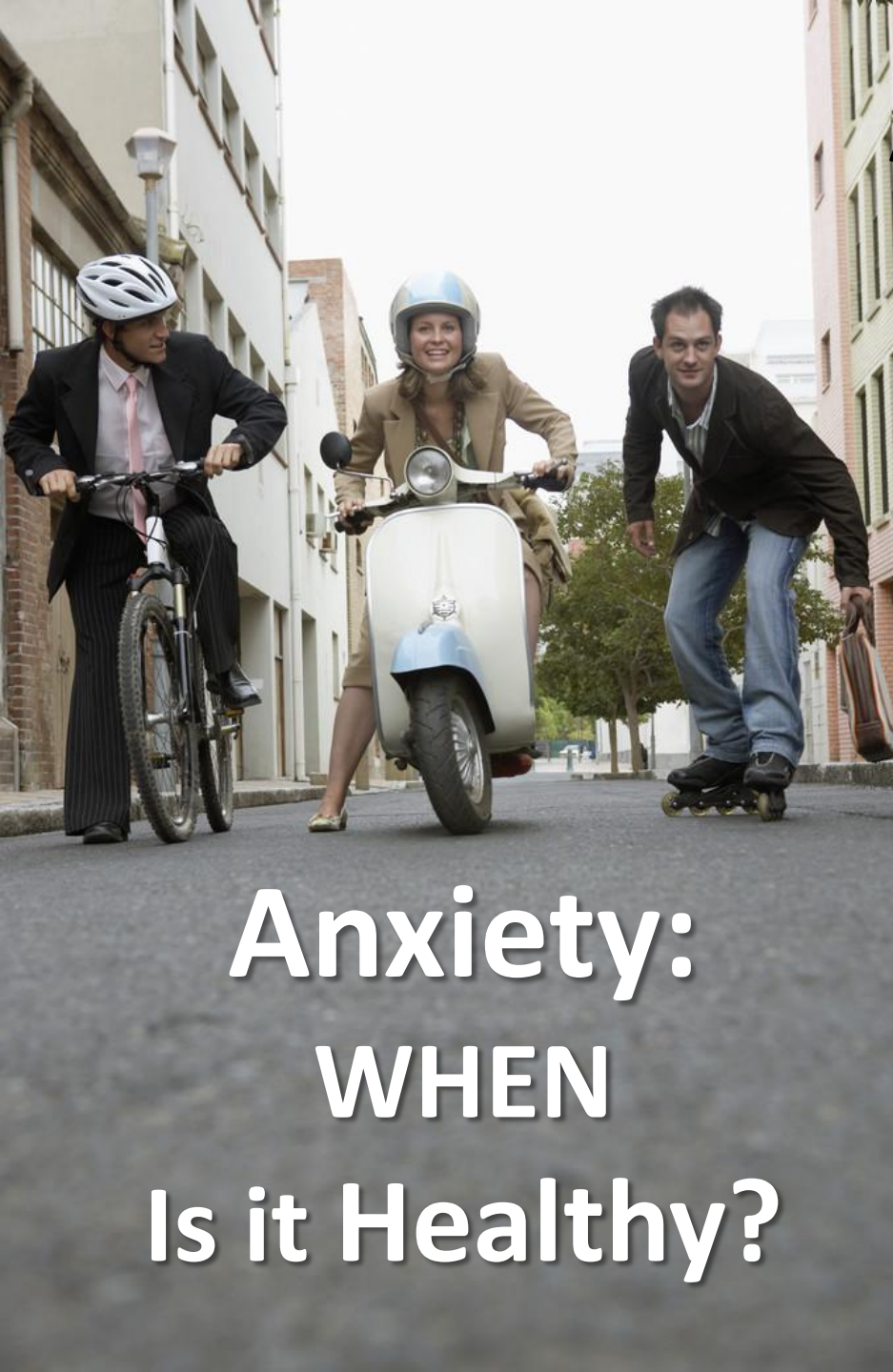
**A SERIES OF BIOCHEMICAL
CHANGES IN THE BODY
WHICH PROVIDES A BURST
OF ENERGY TO PREPARE
FOR CONFRONTATION OR
ESCAPE FROM A THREAT.**



Anxiety Facts



- 10–12% of US population (36 million) have a treatable anxiety disorder
- Fewer than 25% of them get proper treatment
- More individuals go to the Emergency Room each year with panic attacks than with a heart attack
- It is always important to rule out organic causes for anxiety



**Anxiety:
WHEN
Is it Healthy?**

Anxiety can
actually

Enhance our
performance

By **motivating**
us to...

prepare for a test,
drive with care,
perform in sports.



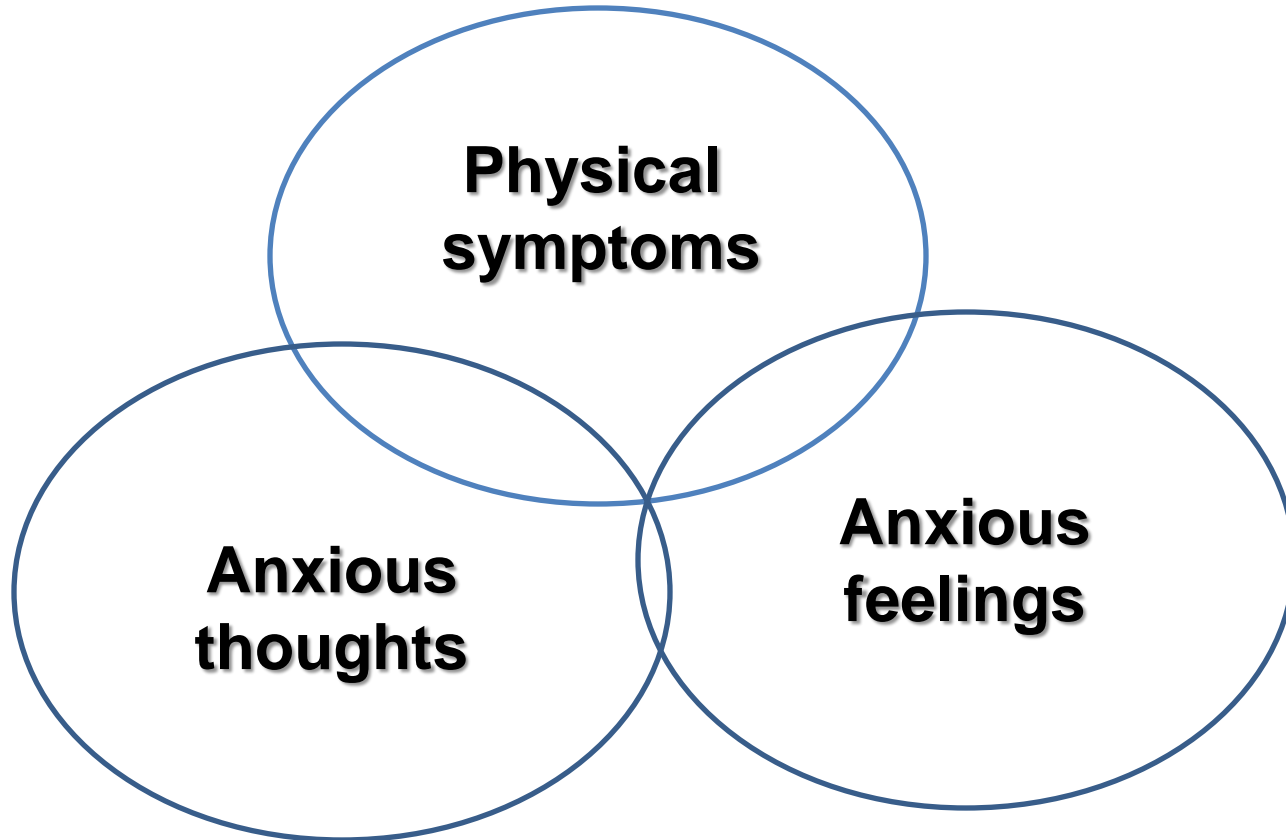
**Anxiety holds
important
information:**

Is something upsetting us
and we need to
problem solve?

Is there a conflict
between our behavior
and our values?

Is there a feeling we
aren't talking about?

Anxiety: What it feels like



Anxiety: What it feels like

increased heart rate,
sweating, shortness of
breath, chest pain, chills or
hot flashes, dizziness,
trembling, muscle tension

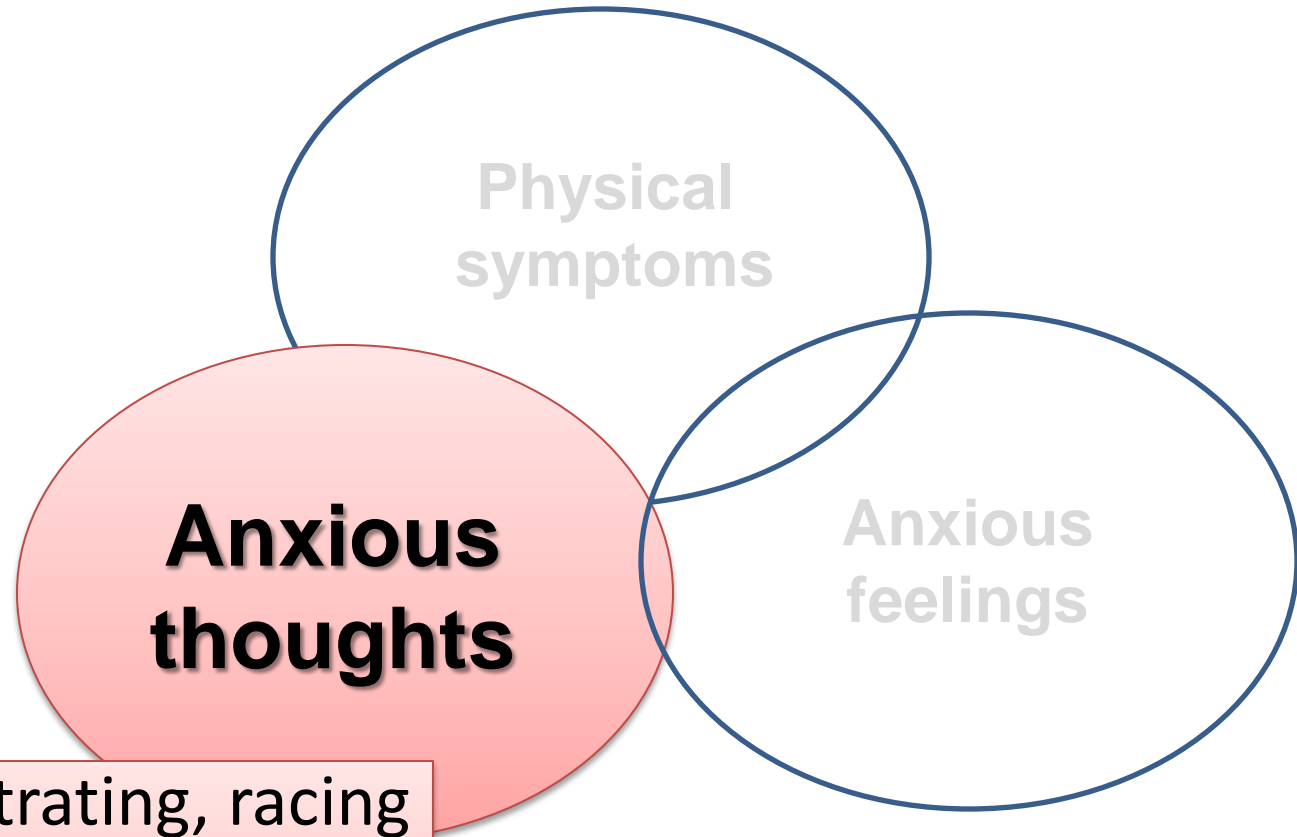
**Physical
symptoms**

A Venn diagram with three overlapping circles. The top circle is light blue and contains the text 'Physical symptoms'. The bottom-left circle is white with a blue outline and contains the text 'Anxious thoughts'. The bottom-right circle is white with a blue outline and contains the text 'Anxious feelings'. The circles overlap in the center and at the intersections between pairs of circles.

Anxious
thoughts

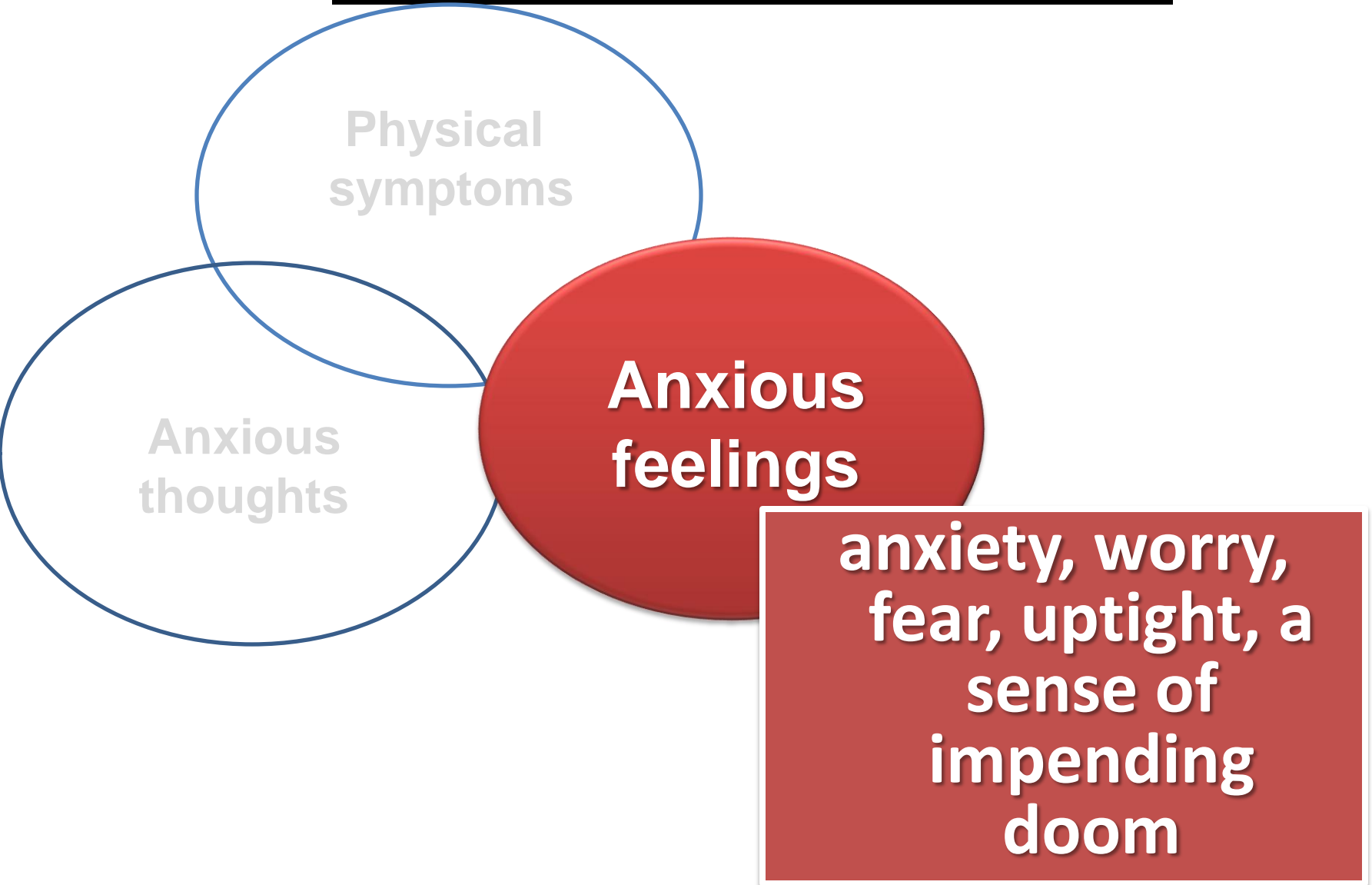
Anxious
feelings

Anxiety: What it feels like



difficulty concentrating, racing thoughts, fear of losing control or going crazy, fear looking foolish, fear of criticism or disapproval

Anxiety: What it feels like





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Coping with Anxiety





Mind-Body Relaxation Strategies

Mind-Body Relaxation Strategies

- **Relaxation** is the natural antidote to stress and anxiety
- Move from flight/fight/freeze response'' to **repair**



Mind-Body Relaxation Strategies

- Techniques include:
 - Deep Breathing
 - Progressive relaxation
 - Visualization
 - Autogenic
 - Meditation
 - Yoga



Cognitive Strategies



Cognitive Strategies

**Meichenbaum and
Cameron(1974) urge
the use of positive
self statements
to reduce the threat
of anxiety-provoking
situations.**



Positive self statements:

“I’m going to do well at this”

“I’m well prepared”

“I can handle this”

“My ability is as good as anyone else’s”

**Cognitive
Strategies**





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Cognitive Strategies

1. Notice your thoughts

“I’ve started worrying”

2. Choose to stop them

“These thoughts aren’t helpful, I can let them go.”



Cognitive Strategies

Handling Worries

3. Take supportive action

Start with 3 calming breaths

Shift your attitude

Postpone your worries

Supportive statements

“I can slow down and think”

“ I can be a little anxious and perform my task”



Cognitive Strategies

Handling Worries



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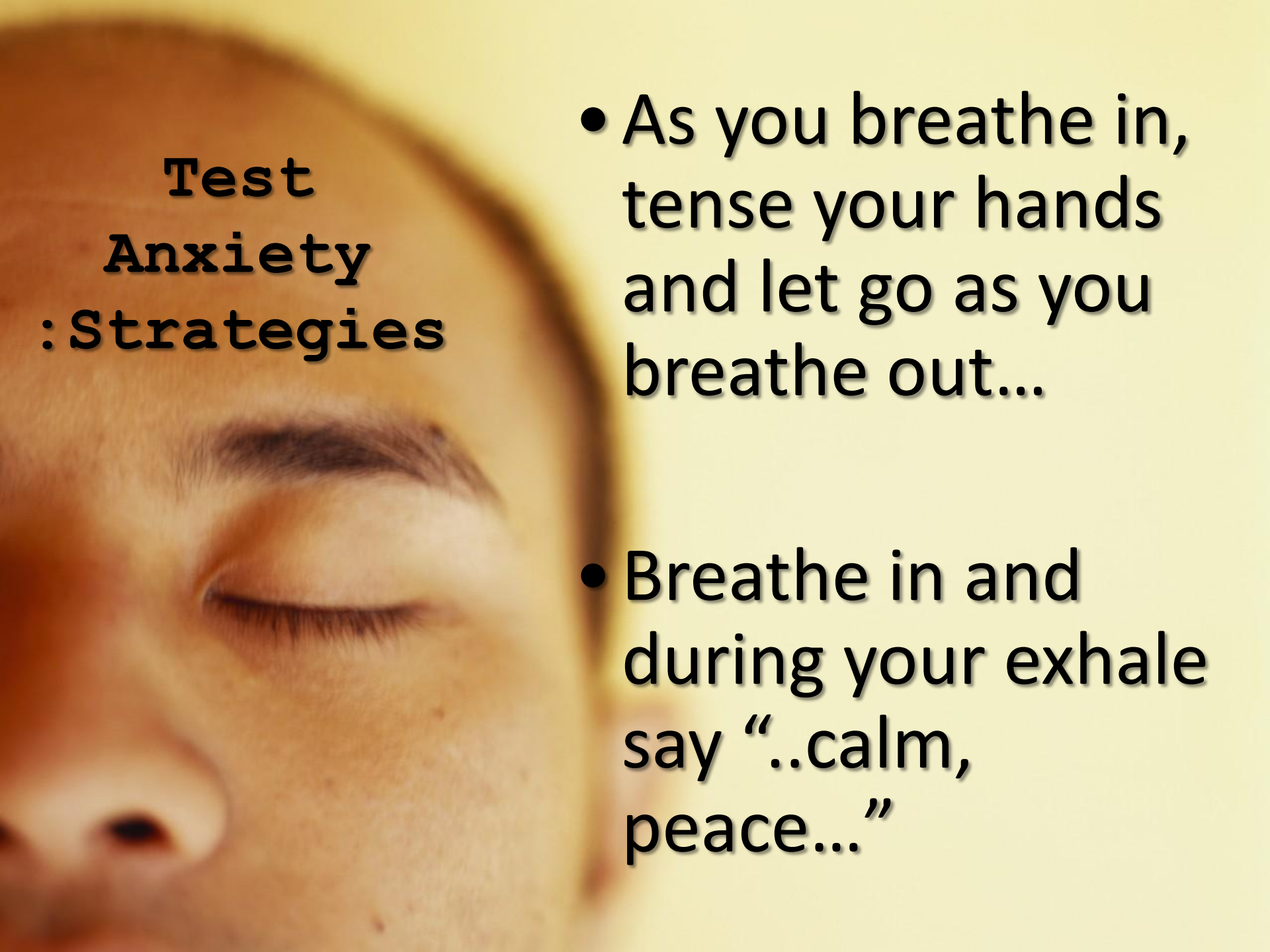
Handling Worries

Test Anxiety Strategies

Other Anxiety Reduction Strategies

Test Anxiety





Test Anxiety : Strategies

- As you breathe in, tense your hands and let go as you breathe out...
- Breathe in and during your exhale say “..calm, peace...”

Test Anxiety: Strategies

Breathe in to
a count of
4...

...and exhale
to a count
of 4....



Test Anxiety: Strategies

Visualize
yourself
being
successful





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Other Anxiety Reducing Strategies

Other Anxiety Reducing Strategies



- Concentrate on some simple repetitive task
- Observe- decide what color is predominant in the clothing of the other students in class



- Take out your backpack and reorganize your pictures and cards, order your dollar bills by serial numbers, etc.

Other Anxiety Reducing
Strategies

Enjoy a brief experience of
Guided Meditation
(click to play)

Other Anxiety Reducing Strategies on Campus...



Massage Therapy

Chair Massage is offered twice a month.

Cost is \$5.00

Sponsored by ASSMU

Sign up

in the **Counseling Office**

Other Anxiety Reducing Strategies on Campus...

[SMU Counseling Center Virtual Pamphlets](#)

Consult with SMU Counseling Center

- Email – jberney@stmartin.edu
- Call – 360-438-4371
- Drop By – Old Main Room 203

If it is Academic-related, consult with LRC
(Learning Resource Center)

In Summary...

Understanding Anxiety

Coping with Anxiety

 Mind-Body Techniques

 Cognitive Strategies

Handling Worries

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Other Anxiety Reduction Strategies



Manage Anxieties

Handle our
Worries





Calm our Fears

A group of seven young adults of various ethnicities are standing in a line against a plain white background. In the center foreground, a Black man with a mustache and short hair, wearing a white long-sleeved shirt and blue jeans, looks directly at the camera with his hands in his pockets. Behind him and to the sides are six other individuals: a woman with dark hair in a light blue shirt, a woman with dark hair in an orange tank top, a man with dark hair in a purple shirt, a woman with blonde hair in a light green shirt, and a woman with dark hair in a white V-neck shirt. The text "Be Free!" is overlaid in a large, black, cursive font across the center of the image.

*Be
Free!*