

Worrying well: using your thinking mind (CTRI Crisis & Trauma Resource Insitute Inc.)

<p>Situation: <i>What is happening?</i></p>	
<p>Thoughts/Beliefs:</p>	
<p>Scale your worry: Check the evidence: <i>What tells you this worry or what thought may be true? What tells you that it might not be?</i></p>	
<p>What can't I control?</p> <p>What do I have control over?</p> <p>What steps can I take?</p> <p>What information do I need?</p> <p>What support do I need?</p> <p>Scale your worry:</p>	

MINDFUL BREATHING TIPS

Mindful breathing exercises (when practiced regularly) have been proven to reduce stress and promote a feeling of calm. They can be used anywhere and may be of significant benefit to individuals struggling with emotion regulation. Relaxed, abdominal breathing (as opposed to shallow, chest breathing) greatly increases the effectiveness of these exercises.

COUNTING BREATHING

Breathe in.....Breathe out, say, "One."
Breathe in.....Breathe out, say, "Two."

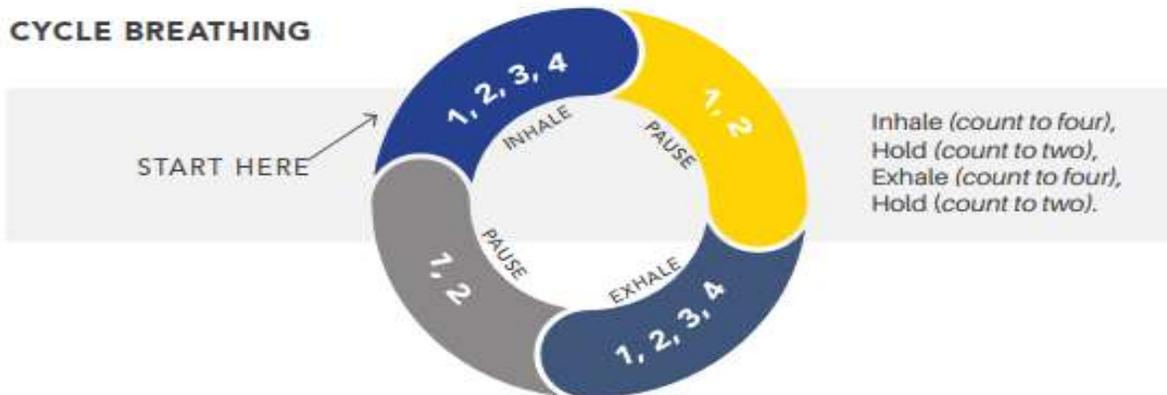
Continue until "ten" is reached, then start over.

BECOMING CALM BREATHING

Breathe in, think or say, "I am."
Breathe out, think or say, "becoming calm" or "letting go."

Use any phrase that promotes relaxation.

CYCLE BREATHING



RAISED ARM BREATHING

Sit with a forearm resting on each leg, palms down.
Breathe in (bend elbows and raise back of hands to shoulders).
Breathe out (return arms to lap).

WALKING BREATHING

Walk very slowly, synchronizing your breath with your steps: one step for each inhalation, one step for each exhalation.

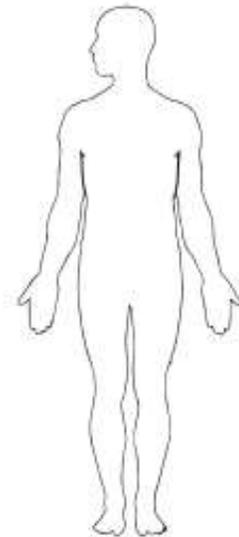
RECOGNIZING ANXIETY WORKSHEET

Recognizing how anxiety affects the body is an important part of helping you manage your anxiety symptoms.

Which words best describe how anxiety feels in your body?

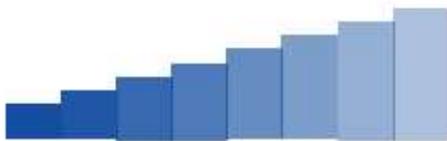
DIZZY COLD TINGLY TIGHT
NAUSEA SWEATY HEADACHE RACING HEART

OTHER: _____



Where do you feel anxiety? Put an X on the parts of your body that are most affected.

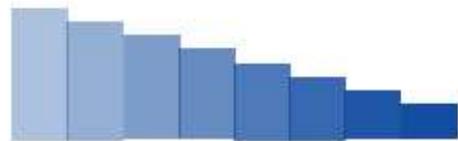
What thoughts and/or actions escalate my anxiety?



THOUGHTS:

URGE FOR ACTION:

What thoughts and/or actions help to calm my anxiety?



THOUGHTS:

URGE FOR ACTION: