Notes from: *10 Best Anxiety Techniques*

By Dr. Margaret Wehrenberg

1. Clear the Mind, Center the Body

   Breathe  
   Notice body/discomfort container  
   Fill it with worry  
   Anything else  
   Now put the lid on it  
   And *put it on the shelf*  

   Is anything in this container requiring my attention before I go to bed at night?

2. Breathe

   Invite  
   Breathe in control  
   Peace in control  
   Breathe 10x's a day @ 1 minute  
   Keep sentences in mind  
   "Smell the roses" "Blow out candles"  
   Lengthen than inhale
3. Shift Your Attention

Enhance your sense of control
Enhance your self-observation
Minimize sensations

Pay Attention
Close your eyes and listen
Go out in the world and be an eye witness
You are in control of what you pay attention to

4. Relaxation

Tense and release
Head to toe
Think warm
What environment is most relaxing for you?

5. Thinking Rationally

Each sensation is not going to become a panic attack
Panic will pass
You set up your brain to be sensitized
Work to interpret panic
Ignore flutters, chills and increased heart rate
6. Know, Then Show.

"To **know** you are angry
is not the same as to
**show** you are angry."

Showing may have hidden dangers
Anger outburst = Anxiety
If something cannot change remind yourself of your:
**Values, expectations & work ethic**
Learning how to apologize diffuses anger effectively.

7. Methods for Anxiety

Make a plan so you will not worry.
  Be specific
Focus on what you **need** to do.
  Define the problem
Pay attention to **when** you become anxious
And tell yourself:
  "That is my anxious brain"

8. Worry Management

Worry **once** and then be **done**.
  "Get it all out and look at it the what if's"
When the sensation of worry begins tell yourself:
  **Stop. I have already worried!**
Make it possible for a new situation
  To be experienced without fear
Practice being confident
9. Change Self-Talk

**ABCD** of worry management—Albert Ellis

A. Activating event. Describe the situation.
B. Belief. Is the belief you hold about:
   1) Yourself
   2) Others
   3) The situation
C. What were the consequences of A & B
D. Look at your demands you have about yourself, others or the situation
   Write out the question and the answer

Identify
   Goals, actions or intentions
Consistently change your negative inner dialogue
   Talk about success

10. Get Ready for Real Life Practices

Create Success—Imagine it.
Prepare:
   Desensitize & eliminate triggers for panic
Make a Plan A & Plan B
Plan non humiliating escapes
Review your success, evaluate yourself.