Building Self-Awareness

**Reflection Prompt #1**

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| --- | --- |
| What **situations** do you generally experience anxiety in? |  |
| When you feel anxious, what happens **in your body**? |  |

**Reflection Prompt #2**

|  |  |
| --- | --- |
| When you feel anxious, **how do you generally behave**? What actions do you take? (Keep in mind *avoid, escape, control, distract*) |  |
| When you feel anxious, **what thoughts do you generally have**? What are the messages? |  |

Catch, Check, Challenge:

Identify a situation where you noticed anxious thinking.

|  |  |
| --- | --- |
| **My anxious thought:** |  |

What thoughts, emotions, and physical feelings resulted?

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| --- | --- | --- |
| **Thoughts** | **Emotions** | **Physical Feelings** |
|  |  |  |

What are some more realistic or balanced ways of thinking about the situation?

Creating a Mindset Shift

**Reflection Prompt #3:**

|  |  |
| --- | --- |
| **What are the personal skills and strengths I have that can help me through this?** |  |
| **What have I done to prepare for this situation that will benefit me?** |  |
| **Have I overcome similar challenges in the past?** |  |
| **Is there anyone who can help me with this?** |  |

Make a Commitment

* What strategies for managing stress and anxiety will you use going forward? Consider when, for how long, and how often you will practice these strategies. Make a commitment!

|  |  |  |  |
| --- | --- | --- | --- |
| **Strategy** | **When** | **How** | **How Often** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Additional Resources for Anxiety Management:**

Anxiety Canada ([www.anxietycanada.com](http://www.anxietycanada.com)): free, printable “how to” documents and worksheets:

* Calm Breathing: <http://www.anxietybc.com/sites/default/files/CalmBreathing.pdf>
* PMR Guide: <https://www.anxietycanada.com/sites/default/files/MuscleRelaxation.pdf>
* Mental Vacation Visualization Script: <https://www.anxietycanada.com/wp-content/uploads/2019/08/Mental-vacation.pdf>
* Test Anxiety Visualization Script: <https://www.anxietycanada.com/wp-content/uploads/2019/08/Test-Anxiety-Visualization.pdf>

**Applications:**

* Breathe2Relax
* Mindshift
* Mindfulness Coach
* ACT Coach

**Videos:**

* Guided Progressive Music Relaxation Video: <https://youtu.be/QkswdqpHqww>
* 3 Minute Breathing Space: <https://youtu.be/Eq_z-B8JtTQ>

**Additional Websites:**

* Frantic World (<http://franticworld.com/>): guided meditations and mindfulness resources
* Centre for Clinical Interventions Australia (<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety>)