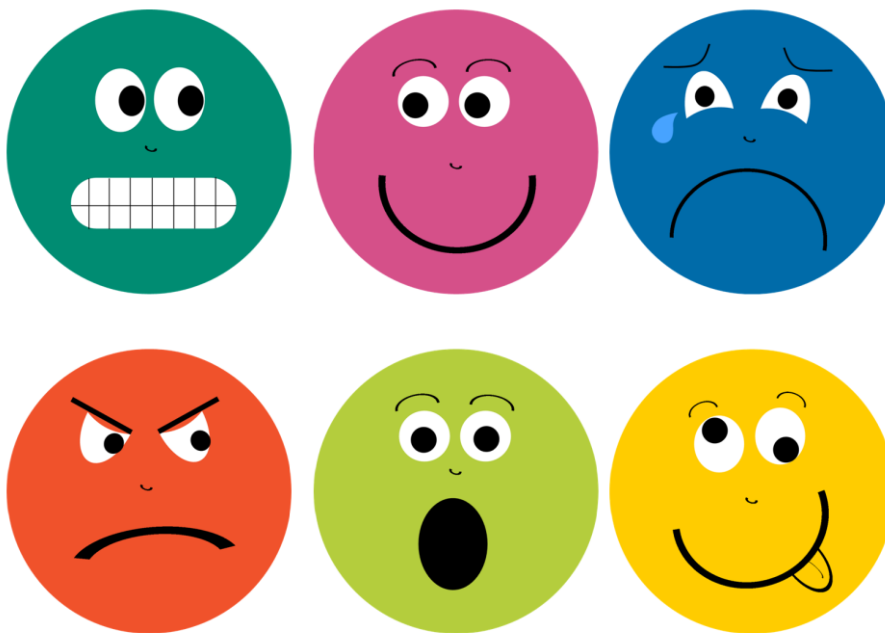


# 'Overcoming Anxiety'

## Group Sessions



Name:

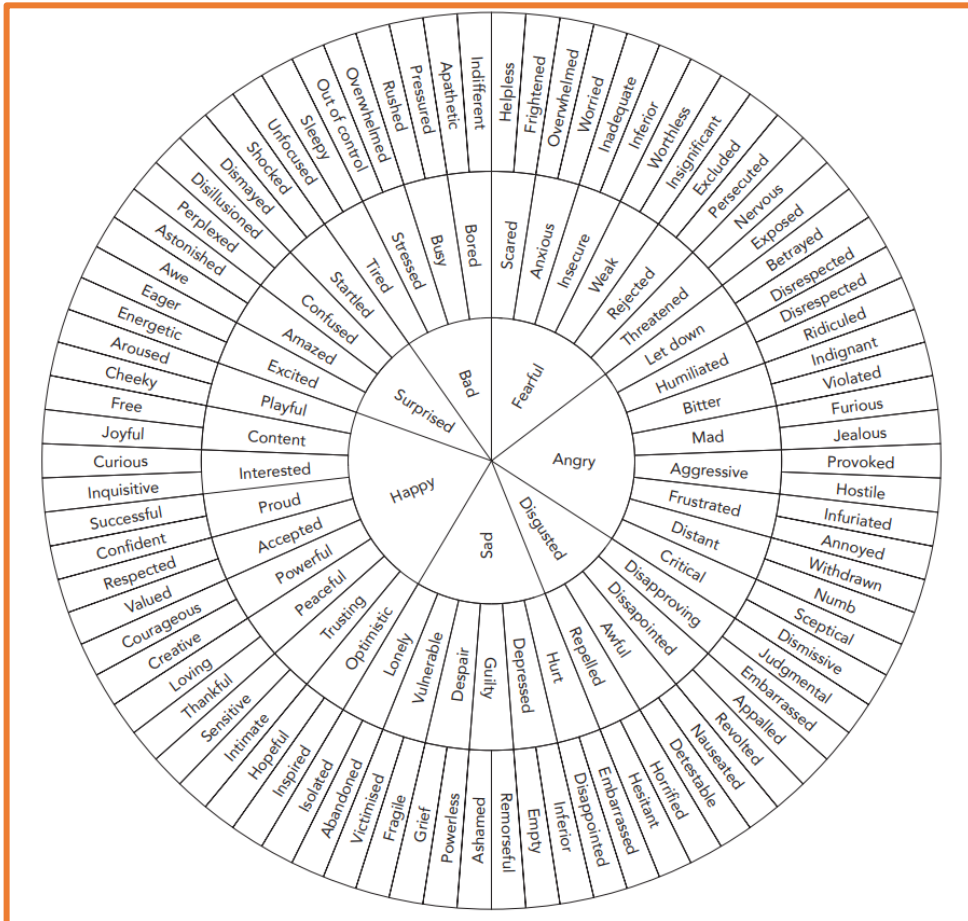
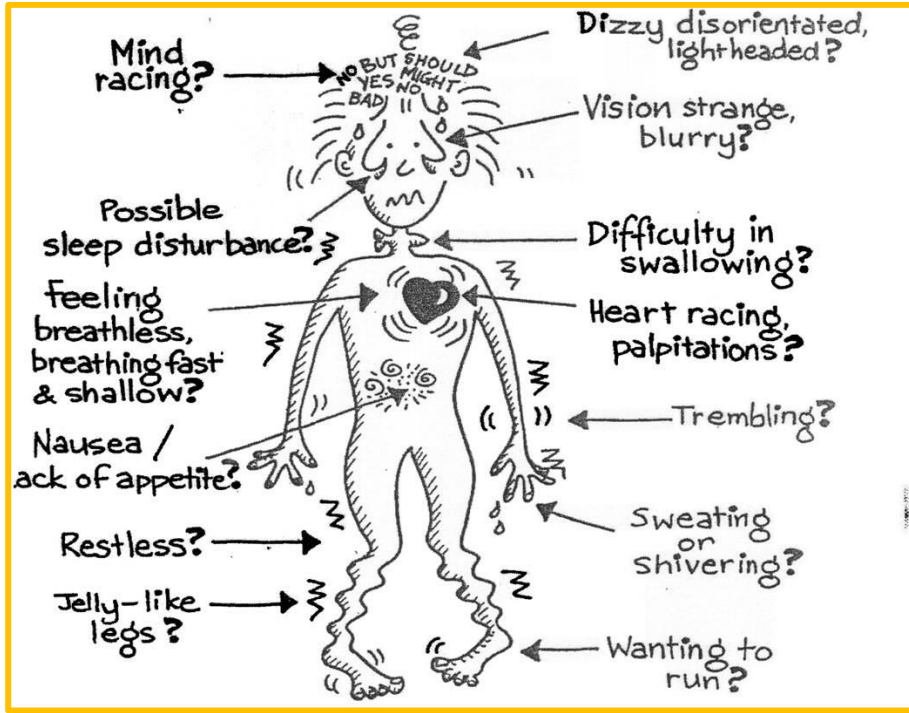
## Overcoming Anxiety Session 1- What is Anxiety?

What are the costs and benefits of feeling anxious?

Positives of being anxious	Negatives of being anxious

What situations make us feel anxious?

Think who, what, where, when.



Situation: Who, What, Where, When

Thoughts or beliefs about the situation

Emotions and feelings about the situation

Physical Sensations happening in the body

Behavioural Response: Actions and responses to the situation and impacts of it

Cognitive Behavioural Model				
Situation:	Thoughts:	Emotions:	Body Sensations:	Behaviours:

[wellbeing plan.pdf](#)

## Overcoming Anxiety Session 2- Anxious Thoughts

[Unhelpful Thinking Habits \(getselfhelp.co.uk\)](http://getselfhelp.co.uk)

Which unhelpful thinking styles do you relate to?

Situations	Emotions	Thoughts
Think of the who, what, where, when, how.	Note all the different emotions and rate them how strong/ intense they are. e.g. Anxious (40%) Stress (20%) Anger (30%) Disappointment (10%)	What went through my mind? Thoughts, memories, images. What else is it bringing up for you? What was the worst part about it?

### Thought Challenging Questions:

**Is this thought a FACT or OPINION? e.g. is this correct**

**Is the thought helpful or beneficial for me?**

**Is the thought important for me right now?**

**Do I need to believe and act on this thought? e.g. what is needed in the present**

**What is the evidence FOR and AGAINST this thought?**

**What would someone else say about this situation?**

**What is the bigger picture?**

**Is there another way of looking at this?**

**What advice would I give my best friend in this situation?**

**Is this as important as it seems?**

Here are some links to pdf worksheets to use to be able to target and challenge your unhelpful thoughts.

[Thought Record - 7 column \(getselfhelp.co.uk\)](https://getselfhelp.co.uk)

[Worry Tree \(get.gg\)](https://get.gg) 'Let it go' is a lot easier said than done- so have a think how that could happen and what would help you do that.

**How do you think you think you can accept and acknowledge?**

*Where/ When/ How could you reflect on your thoughts and emotions...*

*What would make you feel more comfortable in your anxiety....*

*What could you say to yourself...*

These exercises are aimed at distracting our brains away from unhelpful thoughts by focusing on something different. Have a think which of these you could try [Grounding Exercises \(therapistaid.com\)](https://therapistaid.com).

## Overcoming Anxiety Session 3- Anxious Behaviours

Which kinds of adaptive vs maladaptive coping do you do?

Adaptive	Maladaptive

**Activity Monitoring-** fill out the different tasks.

Activities that you enjoy	Activities you struggle to do	Activities you do not get time for	Activities you are avoiding

Which activities are you spending most and least time on?

How can you create a balance between all the activities. The more balanced the better we will feel, as we can then enjoy, feel accomplished and get stuff done. Try to reduce the things you don't enjoy only to what you need to do.

[battery.pdf \(getselfhelp.co.uk\)](https://getselfhelp.co.uk/battery.pdf)

## Activity Schedules

Find what works for you. Some people prefer set times, others only days.

[Activity Diary \(getselfhelp.co.uk\) weeklyplanner.pdf \(getselfhelp.co.uk\)](https://getselfhelp.co.uk/weeklyplanner.pdf)

[Weekly Schedule for Behavioral Activation \(therapistaid.com\)](https://therapistaid.com/weekly-schedule-for-behavioral-activation)

### What goals do we have, and how achievable are they?

Goals Have a think about the goals you set yourself.	How achievable/ realistic is this?



**Behavioural Activation-** Choose one goal to work towards  
OR one behaviour that you can be avoiding.

Step 5:
Step 4:
Step 3:
Step 2:
Step 1:
Starting Point:

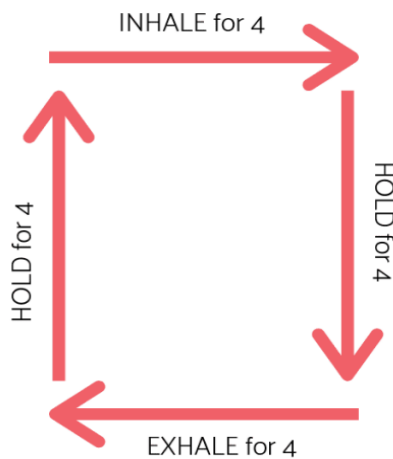


## What 10% solutions could you use to feel more comfortable/ less anxious?

e.g. cup of tea, going for a walk, texting a friend, playing with a pet, 5 mins on tiktok, self-care. Not everything has to make a 100% difference.

## Mindfulness

### Box Breathing



calmwithyoga.com

Pay more attention to whatever is you might be doing.

Notice your sense- what can you see, hear, smell, taste, touch.

How is it making you feel?

What's happening in your body?

Remain with this focus even if your thoughts drift off somewhere else.

[ColourBreathing.pdf \(get.gg\)](#)

[Body Scan Script \(therapistaid.com\)](#)

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## Overcoming Anxiety Session 4- Compassion

**How often do you talk negatively to yourself vs How often are you caring and understanding towards yourself?**

Think of a recent situation in which you did not react kindly or compassionately towards yourself.

What did you say to yourself?

How could you reframe it- is there another perspective? What else could you have said?

What would you say to a friend in this scenario?

### 3 systems model

Have a think about what your systems look like currently, then what you would like them to look like.

Currently

Goal

Each of these systems are necessary- think of the pros and cons of each.

The Threat System		The Drive System		The Soothe System	
Positives	Negatives	Positives	Negatives	Positives	Negatives

How might you be able to increase the systems you wish to? Alternatively, how might you be able to reduce the systems you wish to?

### Compassionate Kit Bag

What are the things that make you feel good, relaxed, comfortable, safe, in control that you can have with you. Think home vs college vs out.

## Limits and acceptance

Think about what your boundaries are, whether that's with different relationships, people or environments. Know what you are comfortable.

**What are your limits and boundaries and how do you uphold them? Or how could you in the future?**

## Compassion

Have a think about how you show compassion to others and how you think the people your close to would like to receive compassion. This will be different for everyone.

Think about how you are given compassion? Who the people around you who give you that and how do they do it?

Finally, think about how you give compassion to yourself. How could you change, or maintain the way you talk to yourself?