

**Introduction to  
CALM**

**Calming  
Anxiety  
Living**



# **My Cycle of Anxiety**

**Risk Factors**

**Triggers**

**Thoughts**

**Behavior**

## **Messages about Anxiety**

Growing up, we each have received different messages about anxiety, even some that are unspoken. We are taught, for example, whether it is ok to







## **One-Minute Mindfulness Exercises**

### **1. Take 2 “mindful” bites of your food**

Instead of trying to eat everything mindfully, try to mindfully enjoy the first two bites of whatever you are eating (or first sips of something you drink).

### **2. Notice what one breathing cycle feels like**

Notice how it feels to breathe: fill your lungs with oxygen, pause before exhaling, and gradually release your



## **Panic: Medical Realities vs. Common Fears**

1. **Common Fear: “I’m going to have a heart attack.”**

Medical Reality: Having extremely rapid heart rate with a panic attack can be really scary, but it's not dangerous. A healthy heart can beat up to 200 times a minute for hours, even days, without being damaged. Unlike a heart attack, a panic attack does not deprive the heart of oxygen. If you're

## Self-defeating beliefs

Optional Activity: Please check the common self-defeating beliefs that may apply to you.

**Emotional Perfectionism:** “I should always feel happy and in control of my emotions.”

**Performance Perfectionism:** “I should never fail or make mistakes!”

**Perceived Perfectionism:** “No one will accept me if they see I'm flawed.”

**Pleasing others:** “I must always focus on others' needs, even if it makes me miserable.”

**Conflict Phobia:** “I shouldn't ever argue or disagree; I might hurt their feelings.”

**Approval Addiction:** “Everyone must like me.”

**Entitlement:** “I am special. People should always treat me extra well.”

**Magical Thinking:** “If I worry enough, everything will be ok.”

**Emotophobia:** “I shouldn't ever feel \_\_\_ (angry, sad, anxious).”

**Self-Blame /**



## **Self-defeating beliefs (continued)**

**Approval**



## What is Wise Mind?

Wise Mind is balancing the wisdom from both emotional mind and reasonable mind to make effective



It also helps to be more precise, using words beyond upset or uncomfortable, to better understand and support your emotions. Please look over a few examples of this below:

**Anxiety & Fear Words:**

Afraid, Apprehensive, Cautious, Distrustful, Dread, Endangered, Excited, Fearful, Hesitant, Hypervigilant, Impatient, Nervous, Panicked, Petrified, Overwhelmed, On-edge, Scared, Self-conscious, Shaky, Shy, Suspicious, Suspenseful, Tense, Threatened, Restless, Uneasy, Unsafe...

**Sadness Words:**

Alone, Burdened, Burdensome, Devastated, Disappointed, Dejected, Demoralized, vSvSvSNE0-vSvSvSNE9vH



## **Skills**

8. **Alter your sleep environment:**

Light reduction is the most powerful environmental change since change

## Worry Time Practice

The Time of Day I Scheduled for Worrying:

My Scheduled Worry Place:

My Main Concerns Today:

My Experience Worrying:

My Physical and Emotional Reactions:

The aspects of this worry that I have control over EDH9vSvSvHNSHEv-S0v8-8NHHN0v1MHKvSvSHEv-DHNB8S8

## **Worry-Free Zones Practice**

My Experience Delaying Worry:

*Based on Rygh & Sanders, 2004*

## **Leahy's 7 Steps “To Stop Worry from Stopping You”**

1. Identify Productive and Unproductive worry
2. Accept Reality and Commit to Change
3. Challenge Your Worried Thinking
4. Focus on the Deeper Threat
5. Turn “Failure” into Opportunity
6. Use Your Emotions Rather than Worrying About Them
7. Take Control of Time

Source: Leahy, 2005

1.

5. **Turn “Failure” into Opportunity**

In the big picture, did you truly “fail?” What if you gained

## Types of Interpersonal Effectiveness

In any situation, it's helpful to consider these types of effectiveness. It's also important to recognize when we need to prioritize one over another, especially when they are in conflict.

### Objective Effectiveness: **Getting Your Goals Met**

Questions to ask:

- “What results do I want in this situation?”
- “What is the best approach to reach my goal?”

### Relationship Effectiveness: **Getting &**

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## **Anxiety Action Plan**

Right now,