



Exercise:

ANXIETY MANAGEMENT TECHNIQUES

ABOUT THIS EXERCISE

This exercise is designed to help you control your anxiety. Anxiety stems from fear and can be rational, when the threat is real, or irrational, when there is no imminent threat. You may experience irrational anxiety when you have not or are unable to assess the seriousness of a situation. This can lead you to imagine the worst case scenario.

If the threat is real, and therefore rational, you should reach out for help. See the [resource section](#) of this guide. If your anxiety is caused by an irrational fear, you should try to stop thinking about what might happen in the future, and focus on the present, instead. The best way to focus on the present is to meditate.

❓ HOW TO DO THE EXERCISE

This exercise is based on mindfulness-based stress reduction (MBSR) therapy.

1. Sit in a resting position. Breathe through your nose in three counts. Hold three counts and then release through your nose in three counts.



2. Visualize your environment. Pay attention to your surroundings, for example the walls surrounding you, and every detail such as their textures, colors, and tone.
3. Close your eyes and inhale again three times. This time, focus on sounds. Identify what type of sounds they are and try to locate where they're coming from. You'll notice you can hear twice as many sounds as before.
4. Open your eyes and merge the images with the sounds you're hearing. You'll notice that most of the time we take our surroundings and their related sounds for granted.

This exercise will help you realize that we often live in the past or in the future, rather than the present. Try to focus more on the present, since that's the only moment in time you can actually change.