

VICIOUS CYCLE OF ANXIETY

Cycle repeats every time we're in a threatening situation or have an anxious thought, people can get stuck in the cycle

There are several ways of breaking out of the vicious cycle of anxiety

e.g. Managing anxious thinking

e.g. Engage in a hobby, spend time with loved ones

THOUGHTS
'I won't be able to cope',
'I can't get my breath'

FEELINGS
Tense
Nervous
On edge
Fear of
breathlessness

PHYSICAL SYMPTOMS
Racing heart
Sweating
Dizzy
Breathless

e.g. take up a suitable activity

BEHAVIOURS
e.g. avoidance of situations and activities where expect breathlessness – less active, less fit

e.g. Relaxation



BREAKING OUT OF THE CYCLE OF ANXIETY BY MANAGING ANXIOUS THOUGHTS

1. Problem solving
2. Managing worries
3. Distraction
4. Self-compassion
5. Challenging anxious thoughts
6. Letting unhelpful thoughts go

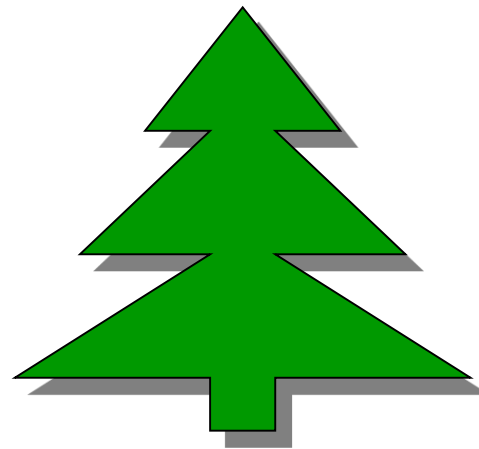


1. PROBLEM- SOLVING (1)

THE WORRY TREE

Ask yourself :
What is the worry is really about?

Can I do something about it?



"No"

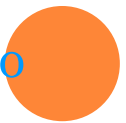
"Yes"

Get on with life:
e.g. Distraction,
talking to others,
Timetabling
activities
Planning for the
future

Decide on action
needed and do it e.g.
seeking advice,
problem solving,
gathering information

let the worry go

let the worry go



1. PROBLEM-SOLVING (2) – SEE HANDOUT AT END

- Identify your problem
- Come up with possible solutions
- Choose a solution
- Break down your solution into small steps
- Try out your solution and review the outcome



2. MANAGING WORRYING THOUGHTS - WORRY TIME

- Set a time to worry e.g. 20 minutes at 5pm. Instructions for worry time:
 - Whenever a worry pops into your head during the day tell yourself that you will deal with it during your worry time
 - During your scheduled worry time, don't do anything except worry. If it helps, write down your worries and/or share them with someone trust



RECOMMENDED WEB-SITES/APPS

- www.freemindfulness.org
- www.getselfhelp.co.uk/visitor.htm
- www.getselfhelp.co.uk/now.htm
- www.getselfhelp.co.uk/docs/mindfulness.pdf

- Headspace app
- Calm app
- Smiling Mind app

