Anxiety Toolbox

Presented by CSUEB Counseling Services
Week 10 - Worry
Let’s Stretch . . .
A Few Zoom Guidelines

● Please mute your audio and type any questions into the chat box
● Your video can be off or on, whatever makes you most comfortable
● Confidentiality, and Zoom limitations
Community Agreements

- Push yourself to participate
- Focus on your own experience
- Share headlines, not details
- Ask others before giving them feedback
- Step forward, step back
- Assume positive intent from others
- Take responsibility for your needs
Introductions:
Share your name, year @ CSUEB, major & favorite animal
Intentions for today’s Group:

- Worry and your Body
- Body Scan Meditation
- 7 Rules of Highly Worried People
- Productive versus Unproductive Worry
- Safe Place Visualization
My Anxiety Meter
Muscle tightness and soreness tend to accompany worry. Most people are unaware their body is physically reacting while worrying, and just notice feeling sore later. Being more mindfully aware of your body, and practicing the body scan meditation, can help us cope with worry.

- Where do you carry worry in your body?
- Where does your body tighten when stressed?

EXERCISE: Mindfulness Body Scan
Author of the book “The Worry Cure,” Dr. Leahy identified 7 “rules” that keep people stuck with worry. They are:

1. If something bad could happen...then it’s my responsibility to worry about it
2. Don’t accept any uncertainty
3. Treat all of my negative thoughts as if they were really true
4. Anything bad that could happen is a reflection of who I am as a person
5. Failure is unacceptable
6. Get rid of any negative feelings immediately
7. Treat everything like an emergency

Which of these rules play a role in your relationship with worry?
Productive vs. Unproductive Worry

How can you tell whether you are problem solving, or worrying in unhelpful ways?

- **Productive worry** moves you closer to resolving your concerns by providing helpful insight and steps to move forward.
- **Unproductive worry** typically involves problems that haven’t happened, may never happen, or concerns you have no control over. For example, dwelling on problems while being unwilling to take action that could help.

**SKILL**: When we are able to mentally step back and expand our awareness, we can see this process as it’s happening.

How do we notice when we’re spiraling vs. problem solving?
Safe Place Visualization
My Anxiety Meter
Additional Resources

- Counseling Groups throughout every week
- Virtual RAW events: Mindful Minutes now three times a week!
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs
Take care!

- Thank you for joining us!
- This week, we encourage you to practice
  - Body Scan
  - Safe Place Meditation
- Be mindful of how much time you spiraling vs. productive worrying
- Continue practicing breathing and mindfulness techniques if you have found these to be helpful!
thank you