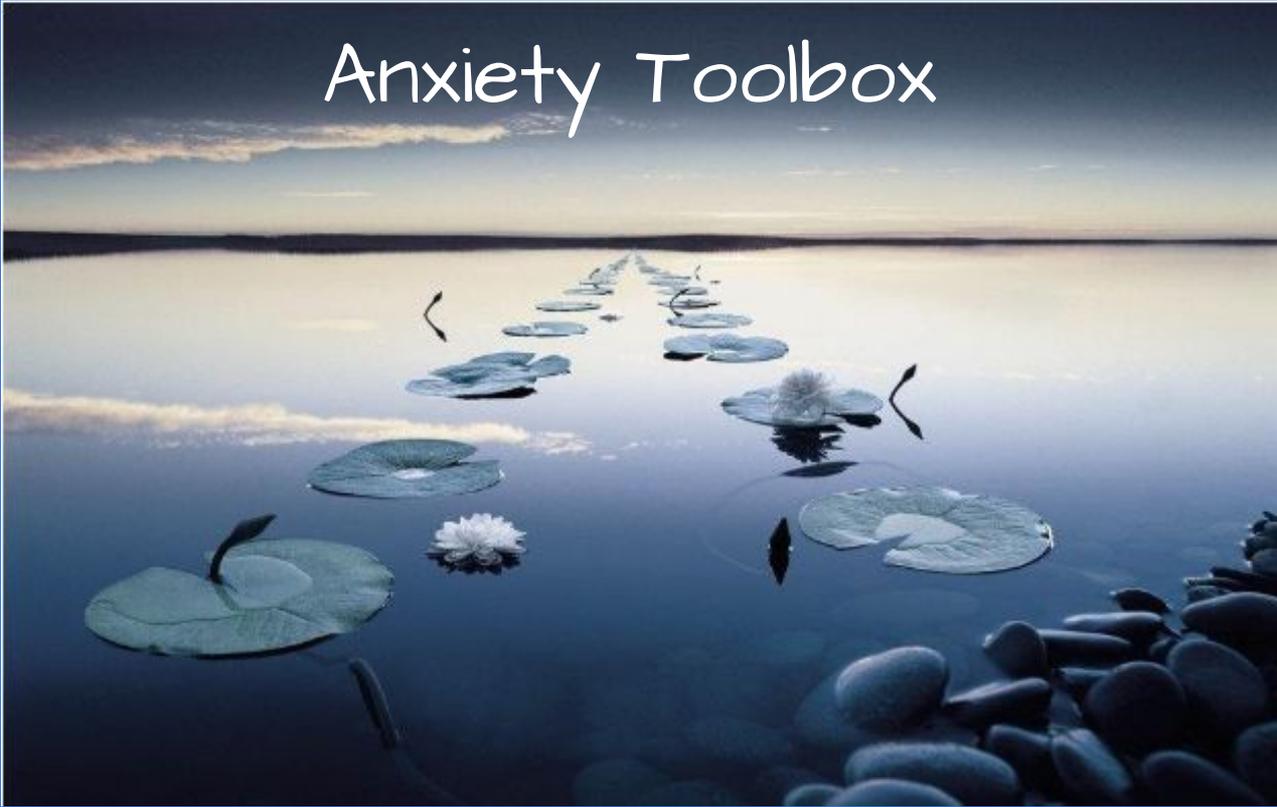


# Anxiety Toolbox



**Presented by CSUEB Counseling Services  
Week 11 - Worry Habit**



# 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 & a nickname you have been called



# Intentions for today's Group:

- Journaling exercise
- Don't Feed the "What If Monster"
- Worry Time and Worry-free Zones
- What Went Well Exercise

# **My Anxiety Meter**

# Journaling Exercise

How does worry impact my life?

Have I developed a worry habit?

Do I have similar patterns of worry across different parts of my life?

## *Questions for Reflection:*

- Do very different worries feel a lot alike?
- Across different worries, do you notice similar negative thoughts or cognitive distortions that tend to pop up? What are the themes of the thoughts?



# The “What-If” Monster

The more time and energy you spend worrying about the countless “What-ifs,” the more you feed and strengthen your worry habit (“monster”).

To weaken it, determine whether this worry is **helping** you find solutions, or just **feeding** your worry monster. When you realize you’re caught in a worry cycle:

- Remind yourself of the bigger picture
- Remember that this loop brings suffering, not solutions
- Use mindfulness to reconnect to the present

## Worry Monster Tips:

- You can weaken the “What-if ” monster by accepting uncertainty
- Consider probable vs. possible: “How likely is this to happen?”
- Remind yourself: “I’m resourceful and resilient. I’ll manage whatever challenges come up as best I can.”



# What is Worry Time?

To reduce the power around your worry, choose a period of time (perhaps 20 minutes), and a location, to focus on your current concerns.

Let yourself focus on all your worries and everything that you fear could possibly go wrong during your worry time.

Pay attention to themes of your worry, and any observations and insights you may have after practicing.



# Worry-Free Zones

You can't control when worry comes to mind, but you can control how you respond to it! Whether you're noticing unproductive worry, or practicing Worry Time unintentionally, consider using the technique of **Worry-Free Zones**.



During worry-free zones, you:

- Still notice worry-related thoughts and images when they pop up
- But - instead of continuing down this path, you allow them to pass by mindfully.
- Use mindfulness and grounding to focus awareness on where you are and what you are doing right now.
- Remind yourself, "I'll worry about that later, during my worry time".

# Group Activity: Let's Practice Worry Time!

You will have 5 minutes to sit and try to worry as much as possible.

## *Reflection:*

How did it feel to set a specific time to worry?  
What was helpful? What made it difficult?



# Skill: “What Went Well” Exercise

Positive psychology focuses on optimal wellbeing and examining what makes us thrive. One technique that may be helpful to try before going to sleep is the “What Went Well” exercise.

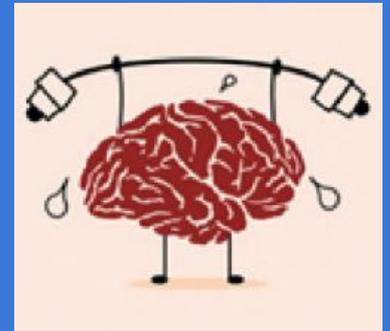
## Try this for 1 week:

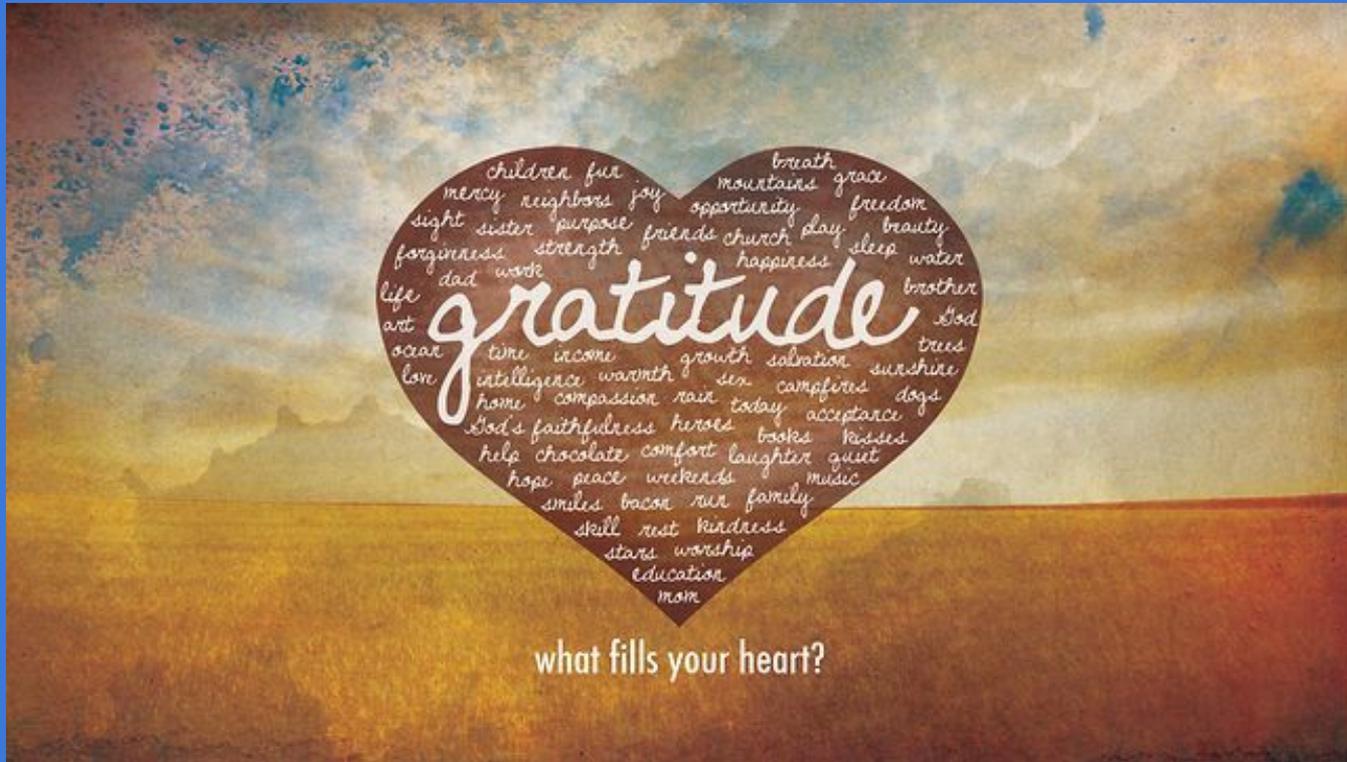
Before going to bed, reflect on 3 things that went well today - AND, why they went well.

## Examples:

“I got an A- on my essay because I worked really hard, got tutoring, and started early.”

“I had a good talk with my friend since I reached out today, and we were really able to support each other.”





# Meditation

# **My Anxiety Meter**

# Additional Resources

- Counseling Groups throughout every week
- Virtual RAW events: 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:
  - Journaling
  - Creating Worry Times and Worry-Free times
  - Try “What Went Well” exercise before bed
  - Gratitude Meditation
- Continue practicing breathing and mindfulness techniques if you have found these to be helpful!



