

TRANSFORMING YOUR ANXIETY INTO EXCITEMENT!

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Transforming Your Anxiety

Employing new psychological and sociological discoveries, we will explore practical strategies to help you master your anxiety.

Easy-to-use tools so you can develop flexible strategies to cope with anxiety.

Utilizing the energy of your anxiety

Similarities between anxiety and excitement

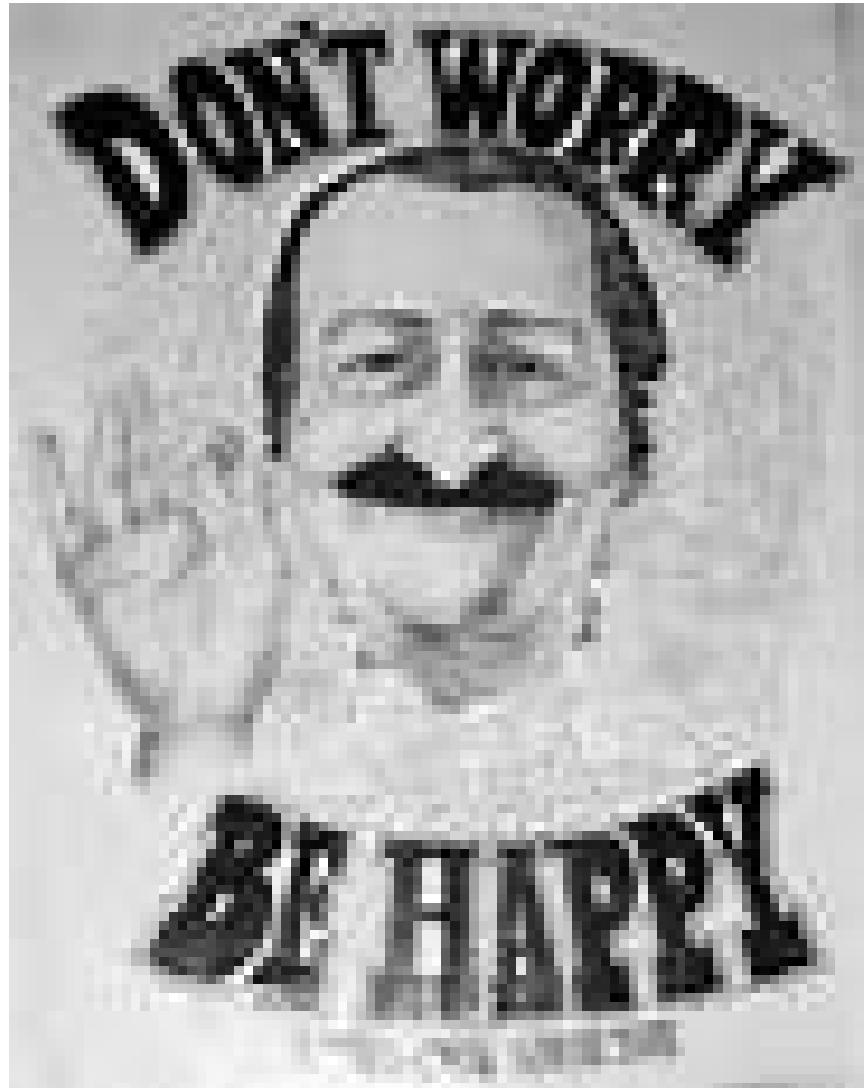
WORRY LESS!!!



Alfred E. Neuman



MEHER BABA



LEARNING TO FLOURISH DESPITE ANXIETY

- RECOGNIZE AND REDUCE YOUR ANXIETY LEVELS EARLY
- EFFECTIVENESS OF SMALL CHANGES



ANXIETY IS

- STRESS THAT IS ONGOING AND DESTRUCTIVE
- NORMAL RESPONSE TO PHYSICAL DANGER
- USEFUL TOOL FOR FOCUSING MIND AND BODY
- A PROBLEM WHEN IT PERSISTS BEYOND THE IMMEDIATE THREAT
- DIFFERENT FROM FEAR WHICH IS SHORT TERM IN DIRECT RESPONSE TO DANGER



KNOW YOUR ANXIETY

- HE WHO KNOWS HE IS A FOOL IS NOT THE BIGGEST FOOL: HE WHO KNOWS HE IS CONFUSED IS NOT IN THE WORST CONFUSION.
LAO TZO
- EARLY CLUES FOR YOU WHEN YOU BEGIN TO BE ANXIOUS
- SITUATIONS THAT INCREASE YOUR ANXIETY?
- YOUR STYLE OF REACTING TO ANXIETY?
FIGHT, FLIGHT OR FREEZE



Brain neuroplasticity

- Lifelong ability to grow new neurons
- Strengthen Synaptic connections
- Create Faster connections



Self-Directed Neuroplasticity

- Every experience shapes our brain
- Brain is simply a chemical organ
- Brain is 2% of body weight uses 20% of Oxygen
- Each experience causes neurons to fire
- Repeated experiences—create synaptic connections and neural pathways
- NEURONS THAT FIRE TOGETHER WIRE TOGETHER



PRE-FRONTAL CORTEX

- C.E.O.—regulates body and nervous systems.
- Helps manage emotions can reduce and manage anxiety
- Gives meaning and perspective to our experiences
- Allows for considering more response options.



LIMBIC SYSTEM

- Seat of our emotions
- Amygdala—can cause overanxious reactions
- Rapid survival reactions.



Resilient Thinking REDUCES ANXIETY

- Understand anxiety is intrinsic, healthy, normal and necessary as part of the human condition
- See we are human beings in the process of becoming
- Understand that if we take the time to unfold we won't unravel
- Understand that who we are keeps changing
- Recognize strengths so that disruption in one area of our life doesn't extend to all areas
- Thoughts come and go—but in the moment I can be peaceful



What is the evolutionary purpose of anxiety?

- DANGER SIGNAL
- CONCENTRATE ON SOLUTIONS
- ACTION ORIENTED



IMPLEMENTING CHANGES

- SMALL STEPS FOR SUCCESS
- BREAK PATTERNS/ HABITS
- OBSERVE MENTOR WHO HANDLES ANXIETY WELL
- NEW PERSPECTIVES—VIEWPOINTS
- MOTIVATION LEVEL TO CHANGE



MAKING CHANGES

- IS THERE A SMALL ACTION I CAN TAKE RIGHT NOW?
- AM I WILLING TO COMMIT TO THIS FOR A MONTH?
- WHAT GOOD CHANGES MIGHT RESULT?
- WHEN WILL I DO THIS? --EVENT BASED SCHEDULLING



PHYSICAL CHANGES

- EXERCISE
- SLEEP IMPORTANCE
- DIET



ANXIOUS FEELINGS

- LEARNING TO RELAX
- HAND ON HEART RELEASES OXYTOCIN
- DON'T JUST DO SOMETHING, SIT THERE!
- SLOW DOWN INSTEAD OF SPEEDING UP
- TIME IS SHORT WE MUST SLOW DOWN ZEN SAYING



CALM

Learning to relax in stressful circumstances facilitates an active and creative approach to challenging situations. It reduces reactivity to stress by helping us remain calm.

“Serenity is not freedom from the storm but peace amidst the storm”

Relaxation Rituals

Hand on heart releases Oxytocin



Relaxation techniques

- WHEN STRESSED OR ANXIOUS:
- SCAN YOUR BODY FOR TENSION
- BREATHE DEEPLY TO RELAX YOUR MUSCLES
- REPLACE NEGATIVE SELF-TALK WITH SOOTHING ENCOURAGEMENT
- ASK—IS IT REALLY THAT IMPORTANT?
- VISUALIZE POSSIBLE RESOLUTIONS
- TELL YOURSELF- “THIS TOO SHALL PASS”



CLARITY Stop, Look & Listen

- FOCUS on problem—don't avoid
- DON'T BELIEVE EVERYTHING YOU THINK!
- See from different perspectives—witness
- Dispute your way of looking at the world. Without doing this you only see things from your point of view
- Re-frame
- Evaluate options
- Plan
- Act



KNOW THYSELF

- SELF-CARE
- SELF-COMPASSION
- MIND OVER MOOD
- JOURNALING
- TIME MANAGEMENT
- TRAIN YOUR BRAIN TO DO NEW THINGS
- PSYCHOTHERAPY



PSYCHOTHERAPY



"Oh, and I've started seeing a therapist."

Sorehart
CN
COLLECTION



ANXIOUS THOUGHTS

- CHANGE YOUR MIND
- DON'T BELIEVE EVERYTHING YOU THINK
- A MAN'S WORST ENEMIES CANT WISH ON HIM
WHAT HE CAN THINK UP HIMSELF
YIDDISH PROVERB
- FILTER OUT NEGATIVE THOUGHTS
 - THAT ARE UNIMPORTANT
 - UNLIKELY
 - DON'T REQUIRE ACTION



COURAGE

We all have anxiety and typical reactions are fight, flight or freeze. Recognizing our reactions and being mindful rather than by only responding mindlessly to our conditioning is helpful.

Observe the anxiety and its impact on your thoughts and emotions:



COURAGE

- Understand negativity bias
- Brain Hard-wired to remember negative and dangerous experiences for survival
- What have you survived before? And how?
- “Sometimes what appears to be a catastrophe becomes the foundation for a good life.
- It’s possible to live a good life even if it’s not an easy life” Rachel Naomi Remen



H.E.A.R.

- Have A Positive Experience
 - Enrich It
 - Absorb It
 - Remember it in Difficult times.
- Adapted from Hardwiring Happiness by Rick Hanson



CONFUSION

Que Sera,Sera—What will be will be!

- Accept ambiguity and our inability to predict and control the future. Worrying only diminishes our vitality and creativity. Much of our stress comes from resistance to our life as it is. By accepting ambiguity we can actually feel more secure.
- Be compassionate to yourself.
- To be uncertain is to be uncomfortable; to be certain is ridiculous



Connections AND Community

- Altruism releases Oxytocin and gives a sense of meaning and purpose which can reduce symptoms of depression.

Help Yourself by Helping Others





COMPETENCE AND CONFIDENCE

- What knowledge and experience do you bring to this situation?
- How can you get more knowledge or experience?
- TAKING IN THE GOOD!
- Visualize a good resolution



COMPASSION, CONCERN, CARING

- For yourself and others
- Know you are not alone
- Breathe kindness and compassion in
- Be aware of ‘overcare’ compassion fatigue
- Permission to be human and make errors
- “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” Dalai Lama

