

How To Handle Anxiety Without Worry



Webinar FAQ

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Does your ability to adjust to anxiety change as you get older?

Our ability to adjust to anxiety can indeed change. It's important to remember that each person's experience is unique, and while some individuals may find their anxiety becomes more manageable as they grow older, others may face new challenges, face health issues and experience hormonal changes. Regardless of age, it is possible to develop effective coping strategies and cultivate resilience. Remember to be patient with yourself and seek support when needed.

Why do I sweat when I'm anxious?

Sweating is a natural bodily response to anxiety. When we feel anxious, our fight-or-flight response is activated, leading to an increase in adrenaline, increase in heart-rate and a rise in body temperature. Sweating helps regulate body temperature during times of heightened stress. Remember that sweating is a normal response, and practicing relaxation techniques such as deep breathing can help manage the physical symptoms of anxiety.

What are effective ways to deal with anxiety when at work or simply have too many things going on at once?

When faced with anxiety at work or when overwhelmed with multiple tasks, it's essential to prioritize self-care. Start by establishing clear boundaries and setting realistic expectations for yourself. Break tasks into smaller, manageable steps, and practice time management techniques such as prioritizing and delegating when possible. Prioritize your top three "to-do" tasks and once complete you can add the next three. Incorporating stress-reducing activities like deep breathing exercises or short mindful breaks throughout the day can also promote a sense of calm and focus.

Can addressing anxiety help PTSD symptoms?

Addressing and managing anxiety can contribute to reducing the impact of PTSD symptoms, as anxiety often co-occurs with PTSD. Therapy modalities such as cognitive-behavioral therapy (CBT) or eye movement desensitization and reprocessing (EMDR) can be effective in treating both anxiety and PTSD symptoms.

What if you are anxious about something you don't want to be anxious about?

It's understandable to feel anxious about something you don't want to be anxious about, such as a romantic relationship. When entering a new relationship it is common to have feelings of excitement as well as feelings of nervousness or worry. Exploring the root causes of this anxiety and addressing any underlying fears or past experiences can be beneficial. Consider discussing your concerns with a therapist who can provide guidance and support to help navigate productive and unproductive thinking patterns and insight into these feelings and develop healthy coping mechanisms.

How are anxiety and neurodiversity such as ADHD related? Does it show up differently?

The relationship between anxiety and neurodiversity, such as ADHD, can be complex and varies from person to person. In some conditions such as Autism and ADHD there is a higher likelihood that you may also experience anxiety. Some individuals with ADHD may experience higher levels of anxiety due to difficulties with attention, impulsivity, and managing daily tasks. Additionally, the challenges associated with ADHD, such as social interactions or academic/work responsibilities, can contribute to feelings of anxiety. It's important to recognize that each person's experience is unique, and addressing both ADHD and anxiety may require a comprehensive treatment approach such as working with a therapist that considers individual needs and strengths.

How can I stop negative self-talk or thinking?

To address negative self-talk or negative thoughts, it can be helpful to practice self-awareness and self-compassion. Start by noticing when negative thoughts arise and challenge their validity. Replace negative thoughts with more balanced or positive ones. Engaging in positive affirmations or keeping a gratitude journal can also shift your focus towards more positive aspects of yourself and your life. It may be beneficial to work with a therapist who can provide additional guidance with cognitive behavior techniques, addressing distorted thinking patterns and reframing negative self-talk.

How does anxiety work when we make up scenarios in our heads ?

Making up scenarios in our heads, also known as "catastrophizing," is a common cognitive distortion associated with anxiety. To reduce this tendency, try the following strategies:

- **Awareness.** Notice when you start creating scenarios in your mind and recognize that they may not reflect reality.
- **Challenge the thoughts.** Ask yourself if there are facts to support the scenarios you're imagining. Consider other, more realistic possibilities.
- **Focus on the present.** Practice mindfulness techniques to bring your attention back to the present moment and reduce the tendency to ruminate or catastrophize about the future.
- **Problem-solving.** If there are legitimate concerns, focus on practical steps you can take to address them rather than getting caught up in excessive worry.

What are cognitive behavior techniques used with anxiety?

Cognitive behavioral techniques are effective tools for addressing anxiety. Here are a few examples:

- **Cognitive Restructuring.** Challenge and reframe negative or anxious thoughts by checking facts, considering different interpretations, and replacing unproductive thoughts with more balanced and realistic ones.
- **Thought Stopping.** Some find it helpful to Interrupt and replace intrusive or anxious thoughts by mentally saying "stop" or thinking of a stop sign and redirecting your focus to a positive or neutral thought.
- **Mindfulness.** Practice being fully present in the current moment, observing thoughts and emotions without judgment. Mindfulness helps create distance from anxious thoughts and cultivates a sense of calm and acceptance.
- **Grounding Techniques.** Engage your senses by focusing on the present moment and your immediate surroundings. This can help redirect attention away from anxious thoughts and bring a sense of stability and safety.
- **Self-Compassion.** Treat yourself with kindness and understanding

Working with a therapist can help provide guidance on when and how to use these techniques and help with practicing them so they become more effective and natural to use.

How can we get really good at challenging negative thoughts?

Challenging negative thoughts takes practice and perseverance. Here are some strategies to help you become more proficient:

- **Awareness.** Start by becoming aware of your negative thoughts. Notice when they arise and how they make you feel.
- **Questioning.** Challenge the validity of negative thoughts by asking yourself if there is evidence to support them. Explore alternative explanations or more balanced perspectives.
- **Reframing.** Replace negative thoughts with more positive or realistic ones. Look for evidence that counters negative beliefs about yourself or the situation.
- **Self-Compassion.** Treat yourself with kindness and understanding. Replace self-critical thoughts with self-compassionate ones that acknowledge your efforts and strengths.



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