

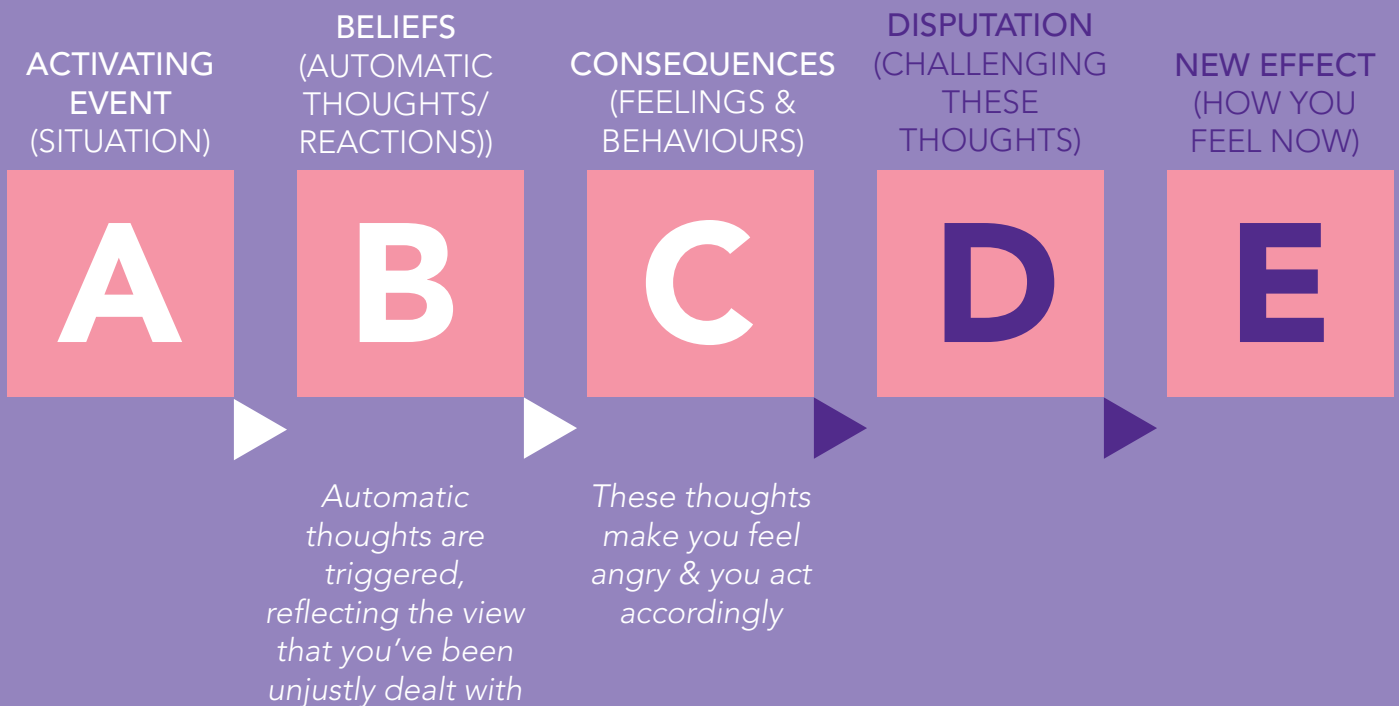




## ABC-DE model of anxiety

Can you think of a time when you felt anxious?

Try applying the ABC-DE model to it:



## Strategies for managing anxiety: Using helpful statements to interrupt negative self-talk

Sometimes even simple statements can put a stop to thoughts which make us feel anxious.

They can interrupt ('short-circuit') our negative self-talk.

Give these a try:

- Relax!
- One day at a time
- This too will pass
- Not my problem
- Whatever happens, I'll cope
- Will it matter in 5 years' time?

## Dealing with panic attacks

There are a number of useful strategies for dealing with panic attacks. These can be used in conjunction with each other to help de-escalate panic attacks. Two useful ones are decatastrophising and breathing exercises.



