

My Positive Mind TM Anxiety



Episode Five: Managing Anxiety

The important role unhelpful thoughts can play

- Our thoughts affect everything - unhelpful thoughts can lead to unpleasant feelings, which may result in us behaving in an unhelpful way.
- It's easy to become stuck in a cycle of constantly thinking in a negative way - we may not even realise we are doing it!
- This is why it's so important that we become aware of these unhelpful thoughts.
- We can then begin to challenge them and treat anxiety.

The big 3 thoughts

There are many unhelpful thoughts that can pop into our heads. We looked at the the 3 most common types of unhelpful thoughts. They can be categorised into the 'big 3.'



What ifs

This is where we find ourselves constantly asking 'what if?' We may fall into a pattern of questioning things that can make us doubt ourselves and others.



Thinking the worst

This type of thought will have us thinking that the worst possible thing will happen. We may be fearful of certain situations and what the future may hold which can lead to us avoiding these situations.



Jumping to Conclusions

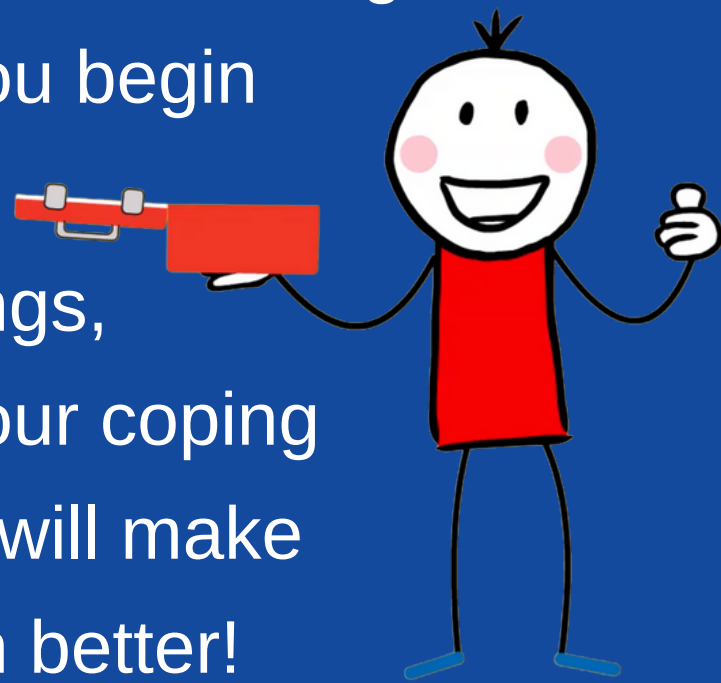
This type of thought can make us overthink situations, exaggerate things and make them seem bigger than they actually are. This can cloud our judgement and make us feel stuck as to what to do.



The power of your coping strategies

Unhelpful thoughts can lead to anxious feelings and behaviours. This is where your **tool box of coping strategies** can help manage the effect they have on you.

As soon as an anxious thought comes up and you begin to get those unpleasant feelings, pull out one of your coping strategies. They will make you feel so much better!



Remember your coping strategies are:

1 Exercise



2 Breathing



3 Muscle Relaxation



Practise Creates Change

By regularly practicing your coping strategies, they will become habit (like a reflex action) and kick in when you need them!



Remember, you can try:

- Exercising in the morning to start your day feeling good.
- Practice deep breathing at lunchtime to regroup.
- Relaxation in the evening to prepare for a great night's sleep.

📞 Help Lines

If you feel overwhelmed or distressed please reach out to your local GP or contact the following support lines. They are there to help you, even if it's just for a chat.

Lifeline: 13 11 14

Beyond Blue: 1300 22 4636

1800RESPECT: 1800 737 732

Eheadspace (12-25): 18– 650 890

Men's Line: 1300 77 98 77

Head to Health: 1800 595 212

Got a question?

Our friendly psychologist Nat is here to support you.

Simply email your questions to: support@mypositivemind.com.au

Coming up in episode 6...

We are going to look at how we can actually challenge our unhelpful thoughts. The best way to do this is by keeping track of when things go wrong so you are able to address them.