

My Positive Mind TM Anxiety



Episode Seven: Setting Goals & Practice

What have we learned?



- What is anxiety
- How it affects everyone
- What keeps anxiety going and growing
- How to cope with it using our three coping strategies
- How we end up on an anxious path (the Domino Effect)
- The role unhelpful thoughts play in anxiety
- How to recognise and challenge unhelpful thoughts using our **knowledge book**

Knowledge is your superpower

- You now have the knowledge and tools to be able to overcome anxiety.
- Understanding how, why and when you get anxiety is an important part of the process if you want to make real change.
- Your tools will help you cope and understand anxiety so you are better able to beat it.

Set small goals

- Start off by setting small and achievable goals.
- Starting small will prevent you from feeling overwhelmed and help you better achieve your goals. For example, make a promise to practice your coping strategies every day for 30 days.
- Start off by planning one week.

Make your plan

- The best way to achieve your goals and kick start these healthy habits is by having a plan.
- Set reminders or alarms to schedule your coping strategies into your day.
- Start small with short workouts or breathing exercises and slowly work your way up to longer periods.
- For example on your first week you may want to try:
 - exercising for 5-10 mins when you wake up to get the happy hormones and energy flowing.
 - taking 5 mins out of your day to go outside and do some calming breathing exercises
 - unwinding at night by doing 10 mins muscle relaxation when you get into bed.
- Eventually, you will instinctively start to practice them and they will become a part of your daily life.



Overcoming lapses

It's completely normal to have bumps in the road and feel like you've taken a few steps backwards on some days! Your **coping strategies** and **knowledge book** will always be there for you - you can not unlearn these skills. Remember, avoidance is **not** a coping strategy.

It's normal to have good days and bad days. Always be kind to yourself and keep encouraging yourself because you **can** beat anxiety and you **can** build a better and stronger you - you've got this!



CONGRATULATIONS!

Well done! You have completed the program and have taken a active step on the path to overcoming anxiety! You now have the knowledge and the tools to be able to overcome it so that you can begin to live a happier and healthier life. You have earned your **My Positive Mind** badge!



Remember this entire program is completely free and is available for you to go back and watch as many times as you need to! We are always here for you.

Keep practicing

Change does not occur overnight. Practicing your **coping strategies** daily will help you to create new habits so they become hard wired into your system.

Using your **knowledge book** every time you recognise an unhelpful thought will help you challenge the thought and redirect it to a more helpful one.



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

Now it's time to practice your new skills! Commit to doing your exercise, breathing and relaxing your muscles every day for the next two weeks using your practice chart!

