

The Counseling Center Presents

Wired & Tired:

Anxiety Workshop

Week One:
Understanding Anxiety

Counselors:
Dave Tice and Sami Hamann

Is there a difference between stress and anxiety?



Stress: a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

Things to Remember:

Stress is unavoidable.

Stress comes and goes and is situationally dependent.

It can be used proactively, is harmless, and time limited.

The goal is to have it work for you, not against you.



Anxiety: a feeling of worry, nervousness, or unease, typically about an uncertain outcome

Things to Remember:

Anxiety moves in and takes up residence.

It may cause excessive worry.

Can create a sense of dread that puts you on high alert.

Displays a physical component - keyed up, in danger and sleep issues.

Difficulty turning off thoughts of dread like, "Something bad is going to happen."

Concentration difficulties can occur as well.

Soup Analogy

Mindfulness

Body Awareness

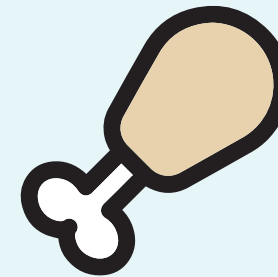
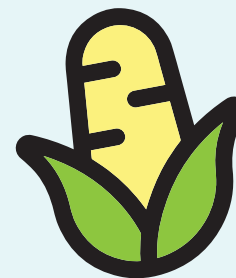
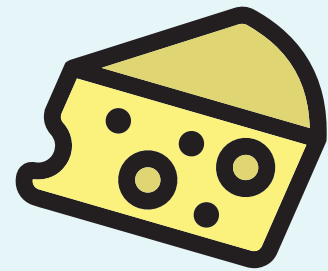
Scaling

Ground Skills

Counting to Ten

Breathing

Meditating



Self Assessment of Anxiety



Experiencing



Rating



Managing

Common Areas of Anxiety Symptoms

