The Counseling Center Presents

**Wired & Tired:**
Anxiety Workshop

**Week One:**
Understanding Anxiety

**Counselors:**
Dave Tice and Sami Hamann
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.

Is there a difference between stress and anxiety?

Yes!
Soup Analogy

Mindfulness  Body Awareness  Scaling
Ground Skills  Counting to Ten  Meditating
Breathing
Self Assessment of Anxiety

Experiencing  Rating  Managing
Common Areas of Anxiety Symptoms

- Physical
- Cognitive
- Behavioral
- Emotional