

WORRY & ANXIETY

SESSION 6 COURSE WORKBOOK



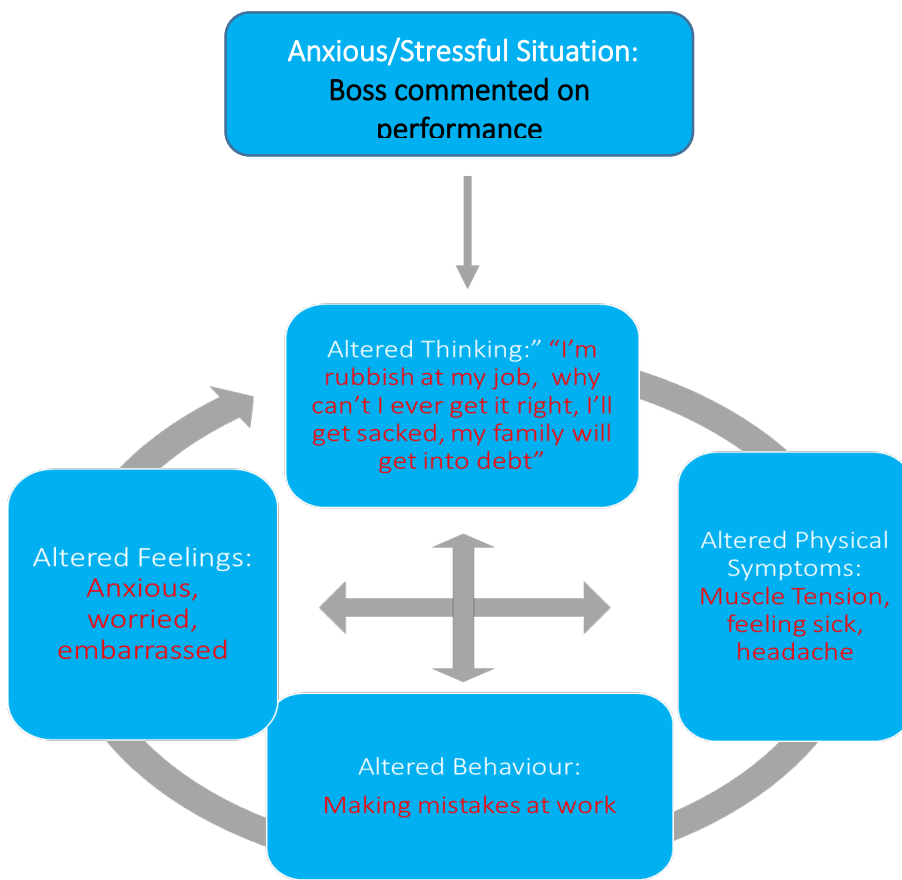
Summary and Staying Well Plan

THE WORRY CYCLE

Usually something starts of an initial worry, this can be an event, a memory, an item on the news etc.

- “What if questions” lead to a chain of more worries
- The outcome is uncertain and outcome is imagined as negative
- Worry is accompanied by anxious feelings
- Worry can last for minutes or hours
- Chronic worry can lead to tiredness and exhaustion

Example of Cameron’s vicious cycle of worry...





WHAT KEEP THE VICIOUS CYCLE GOING?

- Predicting the worst outcome
- Overestimate risk and underestimate coping
- Positive and negative beliefs about worry
- Intolerance of uncertainty – (leads to avoidance and or overdo)

Steps in Breaking the Vicious Cycle

To address Altered Feelings of anxiety we can make change in the other areas. For each area there are different strategies that can help as detailed below.

1. Altered Physical Symptoms - Controlled breathing, muscular and imaginal relaxation, exercise, reducing caffeine and alcohol.
2. Stressful Situations – for type 1 worries, about a problem that exists we can use the 8 steps of problem solving.
3. Altered Thinking – for type 2 worries (hypothetical “What if “) and type 3 (worry about worry) we can Challenge Worries, challenge positive and negative beliefs about worrying, postpone worry and use worry time, attention training, building tolerance to uncertainty by challenging our attitude towards the need for certainty and acceptance of uncertainty. Positive Imagery can also be helpful.
4. Altered behaviours- to tackle avoidance and reduce overdoing things we can use the Stepped Plan.

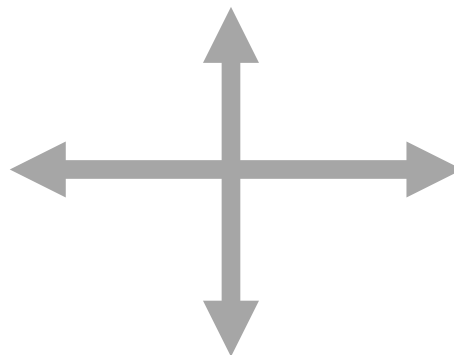
BREAKING THE VICIOUS CYCLE



SITUATION
Problem solving

ALTERED THINKING
"WHAT IF"
Challenge worries
Challenge beliefs about worries
Postpone worry & use worry time
Attention Training
Build tolerance to uncertainty
Positive Imagery

ALTERED FEELINGS
Calmer
Relaxed



ALTERED PHYSICAL SYMPTOMS
Controlled breathing
Muscular Relaxation
Imaginal

ALTERED BEHAVIOUR
Tackle avoidance & avoid overdoing with stepped plan



STAYING WELL PLAN

Practice new skills: What techniques have I found the most helpful? What do I need to keep doing?

What could I do if I did have a setback? What has helped? What have I learned? Who can help?

Identify early warning signs: e.g. making negative predictions, ruminating over things, not making decisions, avoiding, checking, etc If I notice these what will I do?

Support: Who can I speak to if I need a bit of extra help? (friends/family, GP, Wellbeing Services)