

Combat Anxiety With a Mindset

A mindset to combat anxiety and worry is a great starting place for reducing anxiety. It can be as simple as stating to yourself “exit the negative thought” and working on doing so. Sometimes, exiting the negative thought will mean replacing the thought with something positive. If the anxiety is stemming from something you have no control over, then remind yourself that worry is wasting thoughts and emotions.

Task: Describe a situation that causes worry or anxiety. Explain how you can use a positive mindset to combat the worry or anxiety. What does your mindset have to say to yourself over and over again? What positive thoughts can take the place of any negative thoughts?

