

# Anxiety and Worry

Anxiety is an emotion that almost everyone feels at some point. Some individuals feel it more so than other individuals. Feeling anxious occasionally, is a normal emotion, however, to feel anxious all the time is not. Anxiety becomes a problem when it becomes excessive. Anxiety stems from excessive negative thinking that is out of control. The ability to control unwanted worrisome thoughts and anxious feelings is challenging. BUT, strengthening thought control strategies regularly can be effective in combatting anxiety. Letting go is difficult but with practice, it becomes easier over time. Training the brain and CBT (*cognitive behavioral therapy*) is the focus of this resource. ***More serious concerns about anxiety should involve consulting with a medical professional.***

To support worry and anxiety, the goal is to identify and break negative thought patterns by focusing on the following **4 things**:

1. changing thoughts (*what we say to ourselves – self-talk usually determines our moods and feelings*)
2. focus on being realistic
3. focus on what can be controlled, not what can't be controlled
4. disengage and use effecting calming/coping strategies.

## Questions to consider and to brainstorm:

1. **What are the benefits of worrying?**
2. **How does worrying make you feel?**
3. **Are there any positive impacts from worrying?**
4. **Is worrying productive? Why or why not?**
5. **Do you worry over things you can't control? Why?**
6. **Provide examples of repetitive, negative thinking.**
7. **What can you do differently that would be a positive step toward dealing with worry?**
8. **Is your worry legitimate or is it about imagined problems?**