
Dealing with Anxiety

This is a list of some focused interventions, to help clients grappling with stress, tension and anxiety:

| | Done: | Notes: |
|----------------------------------|--------------------------|--------|
| Part A – what is happening to me | | |
| 1. the scan | <input type="checkbox"/> | _____ |
| 2. the scale | <input type="checkbox"/> | _____ |
| Part B – the physical component | | |
| 1. explosive exercise | <input type="checkbox"/> | _____ |
| 2. somatics exercises | <input type="checkbox"/> | _____ |
| Part C – learning to calm myself | | |
| 1. progressive breathing | <input type="checkbox"/> | _____ |
| 2. with pulsus paradoxus | <input type="checkbox"/> | _____ |
| Part D – gaining daily mastery | | |
| 1. desensitisation | <input type="checkbox"/> | _____ |
| 2. deferring worry | <input type="checkbox"/> | _____ |
| Part E – the social component | | |
| 1. difficult conversations | <input type="checkbox"/> | _____ |
| 2. socialising comfortably | <input type="checkbox"/> | _____ |
| Part F – understanding “Why?” | | |
| 1. what’s the back-story | <input type="checkbox"/> | _____ |
| 2. is it safe to be myself | <input type="checkbox"/> | _____ |
| Part G – remember the basics | | |
| 1. eat | <input type="checkbox"/> | _____ |
| 2. sleep | <input type="checkbox"/> | _____ |
| 3. exercise | <input type="checkbox"/> | _____ |

References

Jongsma, A. E., Petersen, L. M., & Bruce, T. J. (2014). *The complete adult psychotherapy treatment planner* (5th ed.). Hoboken, NJ: John Wiley & Sons, Inc.