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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		
2. the scale		
Part B – the physical component 1. explosive exercise 2. somatics exercises		
Part C – learning to calm myself 1. progressive breathing 2. with pulsis paradoxis		
Part D – gaining daily mastery 1. desensitisation 2. deferring worry		
Part E – the social component 1. difficult conversations 2. socialising comfortably		
Part F – understanding "Why?" 1. what's the back-story 2. is it safe to be myself		
Part G – remember the basics	_	
1. eat		
2. sleep3. exercise		

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.