

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.