



Maintaining the Calm

There are many different types of strategies to help control the negative thoughts associated with worry, stress and anxiety. Once you have changed your thinking and cleared the thinking errors, identify helpful strategies to keep you from returning to negative thinking.

TASK: Look at the strategies listed below. Check the ones you could use or do use and explain when you could use them. Then, put an **x** on the line for the ones that could help you become better at remaining positive and would help to diminish the feelings of anxiety and worry. Explain how these strategies could be effective for you and when.



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|--|--|
| <input type="checkbox"/> _____ Breathing techniques | <input type="checkbox"/> _____ Phone app(s): |
| <input type="checkbox"/> _____ Self-talk | <input type="checkbox"/> _____ Tablet app(s): |
| <input type="checkbox"/> _____ Exercise/walk | <input type="checkbox"/> _____ Journal |
| <input type="checkbox"/> _____ Calm down kit | <input type="checkbox"/> _____ Mediate |
| <input type="checkbox"/> _____ Yoga | <input type="checkbox"/> _____ Fidget / handhelds |
| <input type="checkbox"/> _____ Distract yourself | <input type="checkbox"/> _____ Count |
| <input type="checkbox"/> _____ Exercise | <input type="checkbox"/> _____ Seek help |
| <input type="checkbox"/> _____ Better nutrition /sleep | <input type="checkbox"/> _____ Review my step by step plan |
| <input type="checkbox"/> _____ Problem Solve | <input type="checkbox"/> _____ Other: |
| <input type="checkbox"/> _____ Pray | <input type="checkbox"/> _____ Other: |

Why these strategies work for me: