



Couch Conversations

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Psychotherapy and Counseling, Inc.

## Strategies to Manage Anxiety

Living life in the future? Worries about the unknowns? Anxious about making difficult life decisions? These are all common symptoms of anxiety and could hold you back from what you actually want to do. If you find yourself living in fear of what the future holds, trying new things, or avoiding people, places and situations, consider the following strategies to manage your symptoms of anxiety.

<p><b>1. Reduce Worry By Living in the Present Moment:</b> You may find yourself living in your future or trying to predict the outcome of what will happen next. Staying in your present moment allows you to focus on the here-and-now and spend less time focusing on the worries you may have about the future.</p>	<p><b>4. Find Balance in your Thinking:</b> First, it is important to acknowledge that there are negative aspects of life. But it is also crucial to get used to thinking about the positive aspects of life as well or what is working in your life. This shift in thinking will create more balance in your thoughts.</p>
<p><b>2. Build Awareness of Unhelpful Thinking Patterns:</b> Try to remind yourself when you are engaging in thoughts that are increasing your anxiety. Next, ask yourself if these thoughts are helpful to your current situation by stating “Re-do please” to think about the situation in a more productive way.</p>	<p><b>5. Take Control of your Inner Critic:</b> The inner critic thrives off of worry and anxious thoughts. It directs your mind to thoughts that are not productive about yourself and feeds you information that is not based in your reality. Have awareness of your critical voice and challenge it to change the thought.</p>
<p><b>3. Increase Enjoyable Activities:</b> Do not underestimate the importance of engaging in enjoyable activities on a weekly basis. Enjoyable activities allow you to focus on your present moment instead of the future. They also improve mood and allow you to reduce the worries you may have.</p>	<p><b>6. Change your Perspective:</b> Remind yourself of the bigger picture. Sometimes, the anxious mind can take over and zoom in on one thing that is ramping up your anxiety. When you take a step back, you can start seeing things in a different light and tell yourself, “It’s not the end of the world.”</p>

**How Could Therapy Help?** At Couch Conversations, our therapists will initially do a diagnostic assessment to determine your particular symptoms of anxiety. From there, a treatment plan will be developed that is tailored to your specific needs, and may include: managing the unhelpful thoughts that come up in anxiety-provoking situations, small exposure exercises to the people, places or situations that are provoking the anxiety, and promoting joy and gratitude to shift your perspective. Learn more about how our Couch Conversations therapists can address your symptoms of anxiety at: [www.couchconversationstherapy.com](http://www.couchconversationstherapy.com).