

Anxiety Toolbox

Putting it all Together



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Revised January 2021

Cross Sectional Formulation

Situation *(When? Where? What? With whom? What did you feel anxious about?)*

Physical *(When anxious, what physical sensations did you experience? What did you notice in your body?)*

Emotional *(What emotions came up for you when you felt anxious?)*

Cognitive *(What went through your mind when you felt anxious? What did that say or mean about you or the situation?)*

Behavioral *(What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?)*

Cross Sectional Formulation (example entry)

Situation (*When? Where? What? With whom? What did you feel anxious about?*)

A student invited me to a party in my residence hall, but I didn't know her very well and felt anxious about going.

Physical (*When anxious, what physical sensations did you experience? What did you notice in your body?*)

Heart racing, tight chest, shallow breathing, hot

Emotional (*What emotions came up for you when you felt anxious?*)

Scared, ashamed, Lonely, agitated, nervous

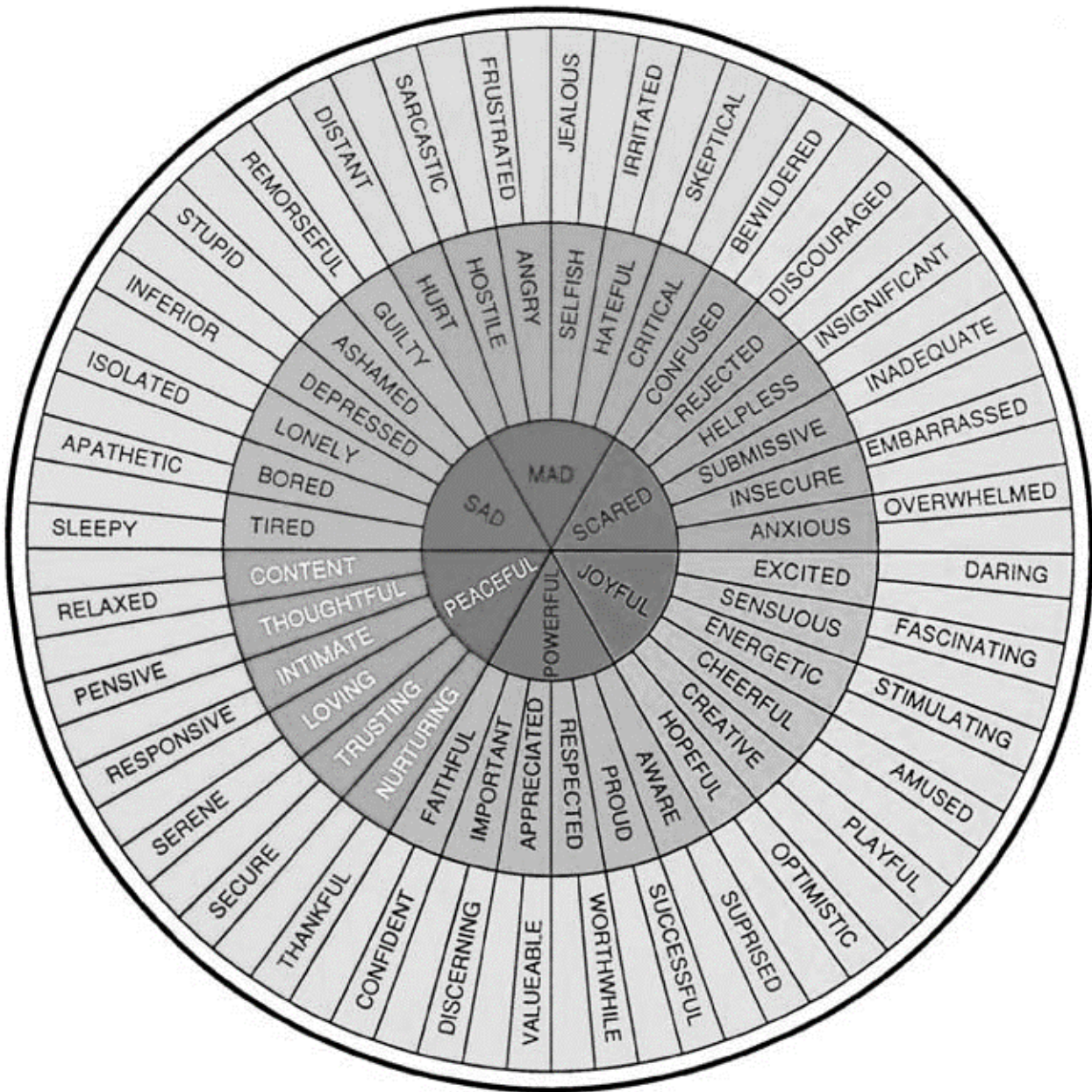
Cognitive (*What went through your mind when you felt anxious? What did that say or mean about you or the situation?*)

I won't know anyone at the party and will feel awkward. No one will like me because I'm so socially awkward. I won't have fun. But if I say no, this person won't like me and I wouldn't make friends.

Behavioral (*What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?*)

My first instinct was to say no. I avoided saying no but telling her that I would think about it. I never got back to her. I didn't go to the party.

Feelings Wheel



My Plan for Managing Anxiety

Putting it all Together

1. My primary anxiety symptoms include:
 - a. Emotional:
 - b. Physical:
 - c. Cognitive:
 - d. Behavioral:
2. Some of my unhelpful ways of thinking are: (e.g., all or nothing thinking, catastrophizing, etc.)
3. My situational and cognitive triggers are: (e.g., unfamiliar situations, negative thoughts, etc.)
4. The most helpful grounding technique(s):
5. The most helpful relaxation exercise(s):
6. The best time and place to practice relaxation exercises:

7. When I feel overwhelmed, it is helpful for me to:
8. Positive changes I can make to help my sleep include: (e.g., no TV 30 minutes before bed, wake up at the same time daily, turn phone off, etc.)
9. MY GOALS: Name 2 goals you would like to achieve ***over the next few months***, related to anxiety and self-care. Think: **specific, achievable, and measurable**.
- a. Name 2 goals you would like to achieve related to ANXIETY (e.g., Thinking about the strategies you find most helpful, what would you like to try, how often, when, etc.?)
- i. _____
- ii. _____
- b. Name 2 goals you would like to achieve related to SELF-CARE: (What will your self-care look like over the next few months? These could be goals related to nutrition, exercise, sleep, schoolwork, leisure activities, etc.)
- i. _____
- ii. _____

How can I remind myself about my plan and goals?

ADDITIONAL RESOURCES

Online

Cal Poly SLO Counseling Services - Guided Meditations

www.youtube.com/playlist?list=PLI44jVzqiSNuYrPNPWHc6BTqrwBXtlhrS

Mayo Clinic Stress Reduction Website

www.mayoclinic.com/health/mindfulness-exercises/MY02124

Meditation Oasis

www.meditationoasis.com

Mindful

www.mindful.org

Mindfulness Research Guide

www.mindfulexperience.org/

The Mindful Christian

www.TheMindfulChristian.net

UCLA Mindful Awareness Research Center- Guided Meditations

www.marc.ucla.edu/body.cfm?id=22

Apps for your Smartphone, Tablet, or Computer

ACT Coach

Breathe2relax

Breathing techniques by Hemalayaa

CBTi-Coach

Mindfulness Coach

Mindshift

T2 Mood Tracker

Take a break!

Books

The Anxiety and Phobia Workbook by Bourne (2011)

The Anxiety and Worry Workbook by Clark & Beck (2012)

Get Out of Your Mind and Into Your Life by Hayes & Smith (2005)

Self-Esteem by McKay and Fanning (2005)

The Mindful Way Workbook by Teasdale, Williams, Segal, & Kabat-Zinn (2014)

The Mindfulness Workbook: A Teach Yourself Guide by Langley (2013)

The Relaxation & Stress Reduction Workbook by Davis, Robbins, Eshelman & McKay (2008)