

TOUGH TALK TOOLKIT



ANXIETY AWARENESS

Learning to notice the signals in the circles will help you understand the underlying causes of your anxiety.

If you notice at least one signal and it's unexpected i.e. not due to exercising or actually being under threat at the time - then you're likely feeling threatened or overwhelmed by what you're *thinking* or *doing*.

1. Take a moment to observe your thoughts and the situation in detail.
2. See if you can connect exactly what you're thinking or doing to why you're feeling threatened or overwhelmed.
3. Look for patterns over time, which you can then work on changing.



Anxiety is your response to threat or being overwhelmed, which is often experienced physically. Your body is preparing you to respond, e.g your heart rate is increasing to provide your muscles with blood so you can react quickly. Some of the changes can increase or decrease e.g your breathing may increase or decrease in speed. These physical changes are useful signals - if there is no threat at the time then you can stop the signal by changing your thinking or behavior. The first step to changing patterns or habits is to become aware of them.