

"BALANCE as SELF CARE  
From  
NUMEROUS PERSPECTIVES"



# OVERVIEW FOR ANXIETY RELIEF...ALL OF US NEED IT!

+

○

**Special Thanks to Sponsors:  
Brenda Mann  
and CHADD**

**Facilitators: Teri Giannetti  
Judy Jubas**



# LOOKING FROM A DIFFERENT PERSPECTIVE

“Yesterday I was sad  
Today I am happy +  
Yesterday I had a problem  
Today I have the same  
problem  
But today I changed how I  
looked at it.” (C.Joybell C.)



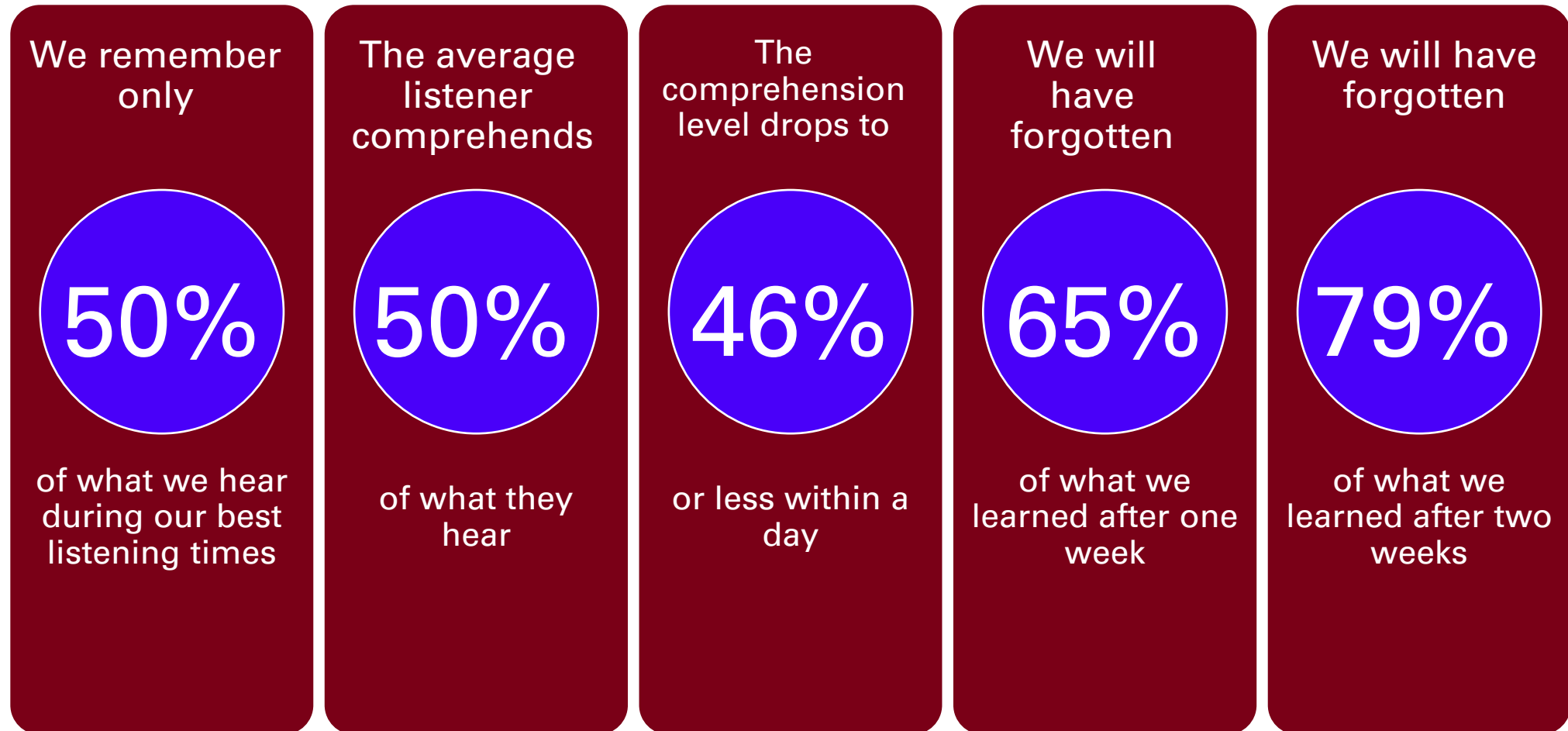


A long-exposure photograph of a waterfall cascading into a pool of water in a forest. The trees are covered in vibrant autumn foliage, with leaves in shades of orange, red, and yellow. Sunlight filters through the canopy, creating a warm, golden glow. The water in the pool below the waterfall has a soft, ethereal greenish-blue hue. The overall atmosphere is peaceful and meditative.

# MEDITATION ON A RIVER



# Studies have proven:



# DO WE EVER FEEL LIKE THIS?





# How Common is Stress & Anxiety?

- More than three-quarters of adults report symptoms of stress, including headache, tiredness, or sleeping problems. (American Psychological Association, 2019)
- Eighty percent of U.S. workers say they experience stress on the job. (American Institute of Stress)
- Nearly half of all U.S. adults (49%) say that stress has negatively affected their behavior (American Psychological Association, 2020)
- 26 percent of men and 40 percent of women in the U.S. will develop an anxiety disorder sometime during their lifetime, the group noted.
- 40% of supervisor's workday is spent managing Drama



**KEYS TO SUCCESS....**  
**Nothing works all the**  
**time in every situation!**

### **IT IS OK TO FEEL.....**

~Sometimes it seems hopeless.

~At times, one wonders "why does it have to be so hard?"

~Why doesn't anyone understand?

~I'm so frustrated with trying.

~I feel like "I've 'lost' my true essence." "

~I'm tired of being the 'strong one.' "

~Nothing works every time or in all situations.

### **ONE THING WILL WORK.....**

**KEEP SEARCHING FOR THE KEY**



# HOW WORRY AFFECTS YOUR LIFE

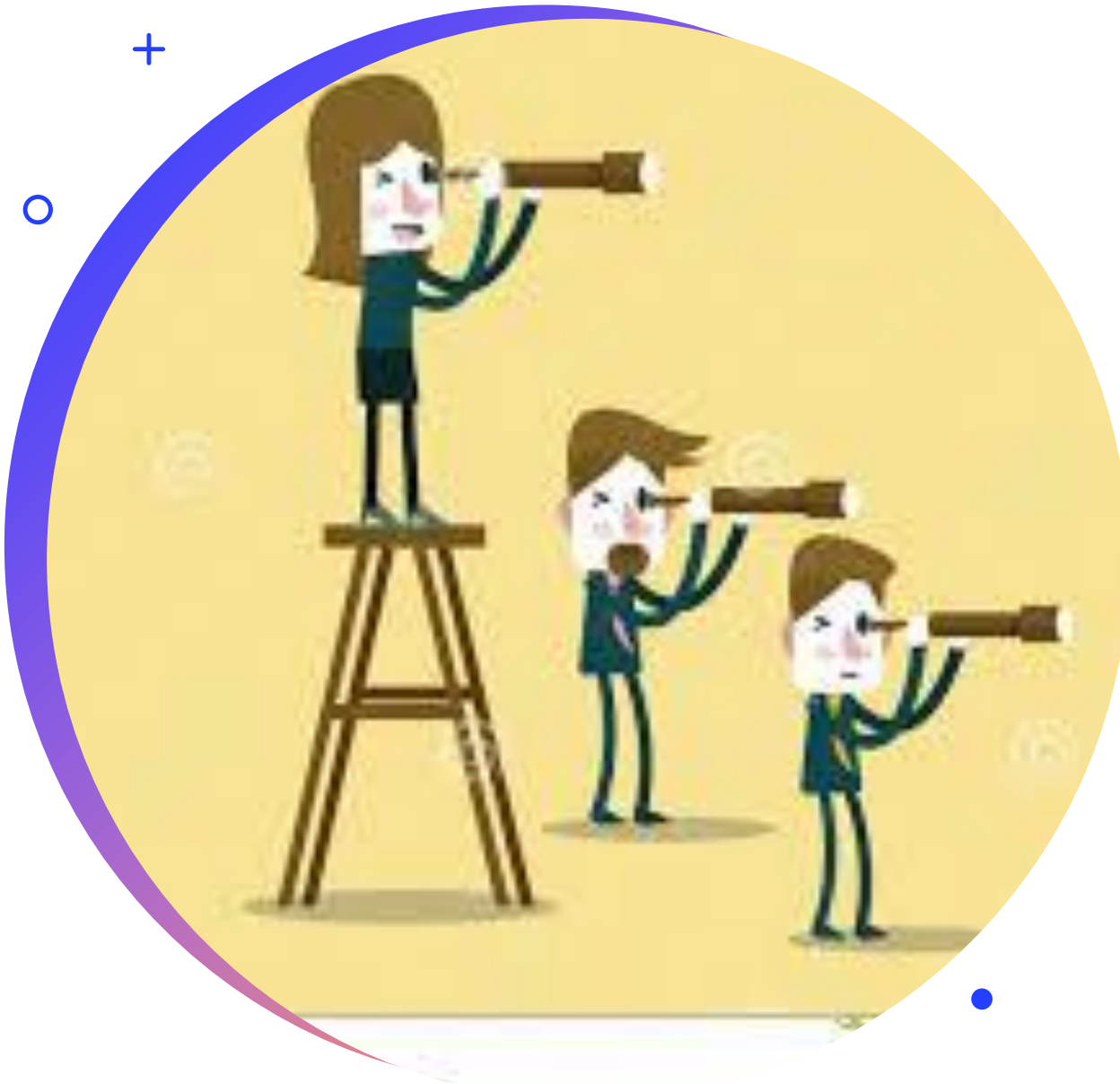
**85%** Feel nervous

**71%** said having trouble sleeping  
was a symptom of their anxiety

**54%** Feel weak or tired

**48%** Said a lack of sleep triggered  
their anxiety.





FEAR= Our reaction to a specific threat *in the present*

ANXIETY=Our reaction to a potential threat; may be on-going

“True acceptance of anxiety is to feel the anxiety and do what you need to do anyway, to live as best you can along with the negative emotions.” [SEP]

Example: Anxious to speak in front of groups.

Credit: Ellen Hendriksen, PhD

# ANXIETY

Definition: Emotion characterized by feelings of tension, worried thoughts & physical changes.

Intrusive thoughts, situations avoided & physical symptoms



## + **WHEN ANXIETY IS HELPFUL...We all experience this.**

- Anxiety is our body's normal reaction to perceived danger or important events.
- Anxiety is like an internal alarm system. It alerts us to danger and helps our body prepare to deal with it. It is necessary.
- Anxiety protects us in the face of real danger.

## ○ **WHEN ANXIETY IS A CONCERN....We all experience this.**

- Goes off when there is no **real** or immediate danger
- Happens a lot
- Feels pretty-intense
- Is upsetting and causes you distress
- Stops you from doing fun and important things (e.g., job interview, delivering presentation at work, or attending a social event)

## **WHAT STATEMENTS DON'T HELP ANXIETY...**

- "Don't sweat the small stuff."
- "Calm down."
- "Just do it."
- "Everything is going to be fine."
- "I'm stressed out, too."

THIS SESSION WILL NOT DEAL WITH SERIOUS CAUSES OR EFFECTS OF ANXIETY

# SYMPTOMS OF ANXIETY ATTACKS

Excessive/Hard  
to Control  
Worries

Restlessness

Difficulty  
Concentrating

Irritability

Muscle  
Tension

Trouble  
Sleeping



# SYMPTOMS: PANIC ATTACKS

(SEEK PROFESSIONAL ASSISTANCE)



Palpitations

Sweating

Trembling/shaking

Sensations of  
Shortness of  
Breath

Choking Feeling

Chest Pain

Nausea or  
Gastrointestinal  
Pain

Dizziness or Light-  
headedness

Numbness or  
Tingling

Detachment

Fear of Loosing  
Control or Dying

# GETTING ASSISTANCE???

**10 MINUTES:** The time it takes for a typical panic attack to reach its peak.  
(Diagnostic & Statistical Manual of Mental Disorders)

(If you're having trouble managing your anxiety or panic, let your primary care provider know. They help or refer you to a therapist who can teach you the skills to dial them down.)



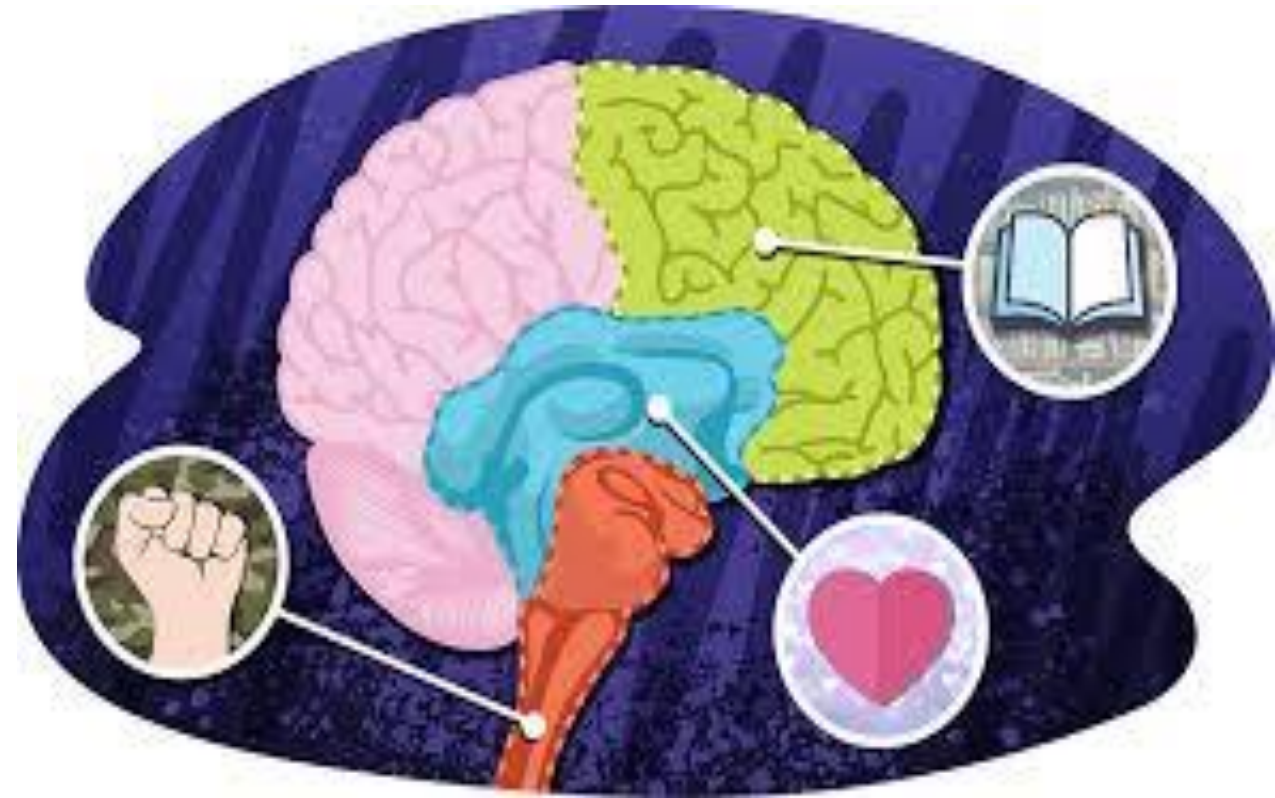
# Fight, Flight, Freeze, or Fawn

## THE BRAIN & ANXIETY

<https://youtu.be/LB0NLJjVYJo>

## CREDIT DUE:

<https://kidshelpline.com.au/teens/issues/your-brain-when-youre-anxious>



“Survival Brain, Smart Brain, Emotional Brain”



+



“After A Traumatic Experience, The Human System Of Self-Preservation Seems To Go Onto Permanent Alert, As If The Danger Might Return At Any Moment.”

The Fresh Quotes

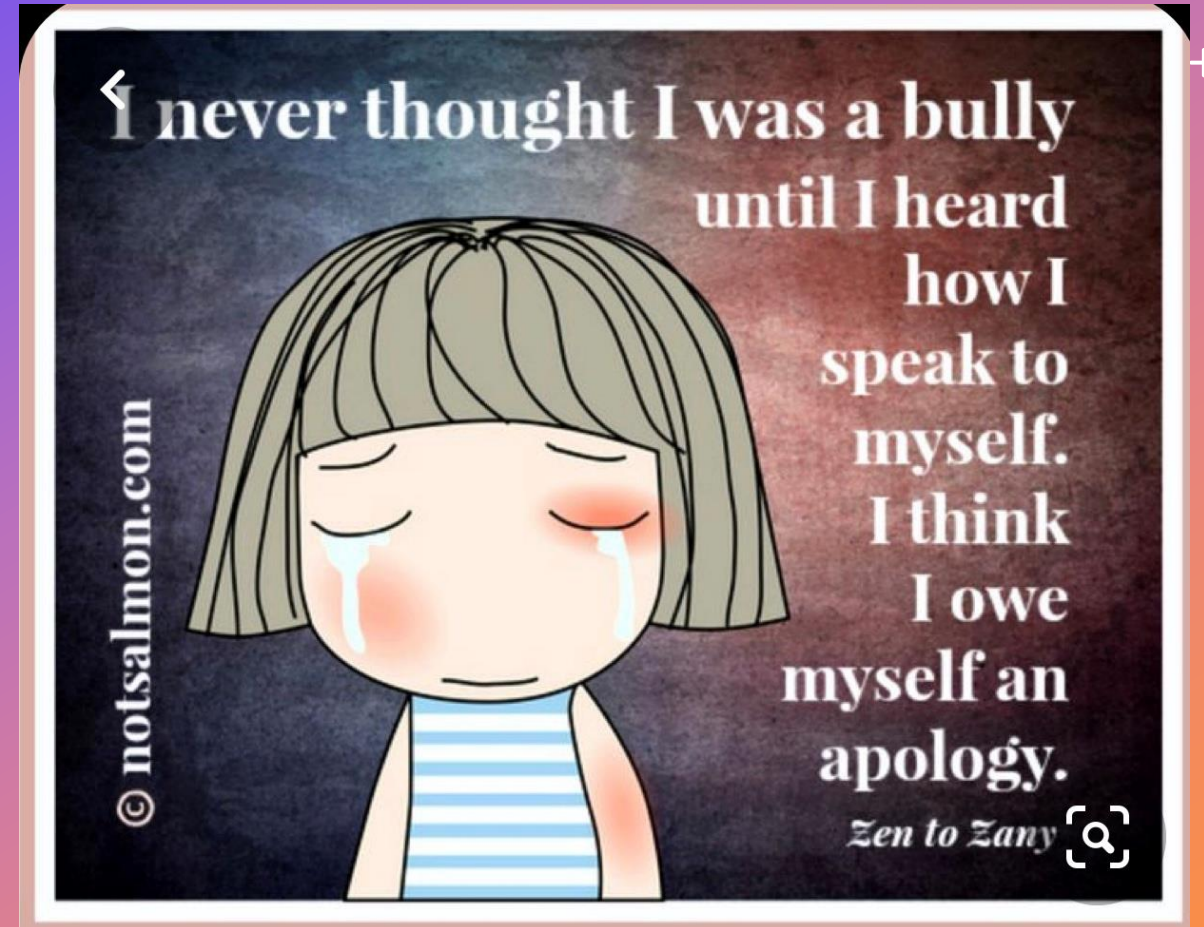
**WE CONTINUE TO LOOK  
OVER OUR SHOULDERS**

# STAND UP TO YOUR BULLY....

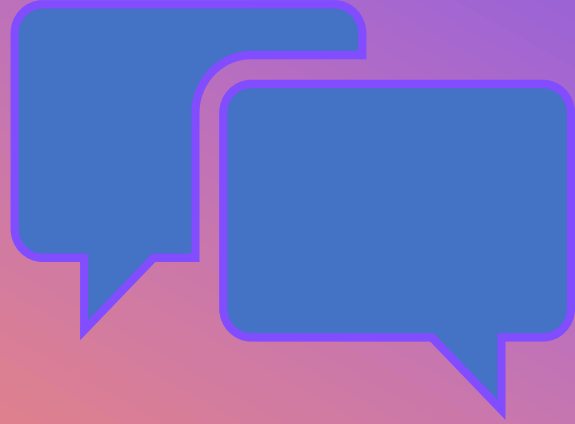
Approximately 90% of what humans say to themselves is unconscious and automatic.

Do not replace the negative talk with pollyannish untruths.

Edit and Reframe the thoughts based upon how you *choose to be* and what you want to create.



# GREMLIN VOICES



## What Voices Do You Experience?

- I'm always late.
- I'm terrible at remembering
- I'm a lousy artist
- I can't manage money.
- + • I'm always messing things up
- I'm powerless
- Life is a struggle
- If I take a risk, I'll fail
- I'm unimportant
- The outside world is dangerous.
- I'll never be able to make a difference
- I know it won't work
- No one listens to me
- Until now my habit has been...
- If I worry enough, will the problem go away?
- "Awfulism:" Eeyore

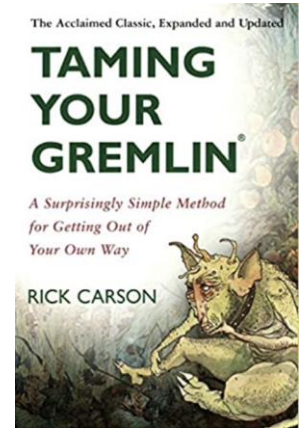






# Talk Back to Your Voices...

**Before quieting our voices, take a moment to listen if they have something important to tell us or guide us.**



## MY VOICE:

- What can I learn from you?
- Why are you saying this to me?
- Am I always like this?
- Am I like this in every situation?
- Are you good for me to listen to?
- Did I choose this belief on my own or was it "planted in my head by someone else?"
- What will I decide to do with my voice?
- Trusted person to share with at times????
- Research: Quieting one's voices



3/5/2024

**WE CAN BE OUR  
WORST ENEMY!**

**MAKE A BETTER  
CHOICE!**

# COGNITIVE THERAPY



"Nothing always stays the same. You don't stay Happy forever; you don't stay Sad forever." (Cat Zingano)

- **All-or-Nothing Thinking**

You see things in black and white categories. If your performance falls short of perfect, you see yourself as a total failure.

- **Over-Generalization**

You see a single negative event as a never-ending pattern of defeat.

- **Mental Filter:**

You pick out a single negative detail and dwell on it exclusively so that your vision of all reality becomes darkened; like the drop of ink that discolors an entire beaker of water.



# CHANGE YOUR LIFE STORY

by Jennifer King Lindley

Look at Dorothy in *The Wizard of Oz*:

1. 'A poor girl wasn't understood by her family, she got hit by a tornado, she was almost killed by a witch.'
2. 'A brave girl overcame obstacles, learned the importance of relationships, realized her own strength, and appreciated the value of home.'

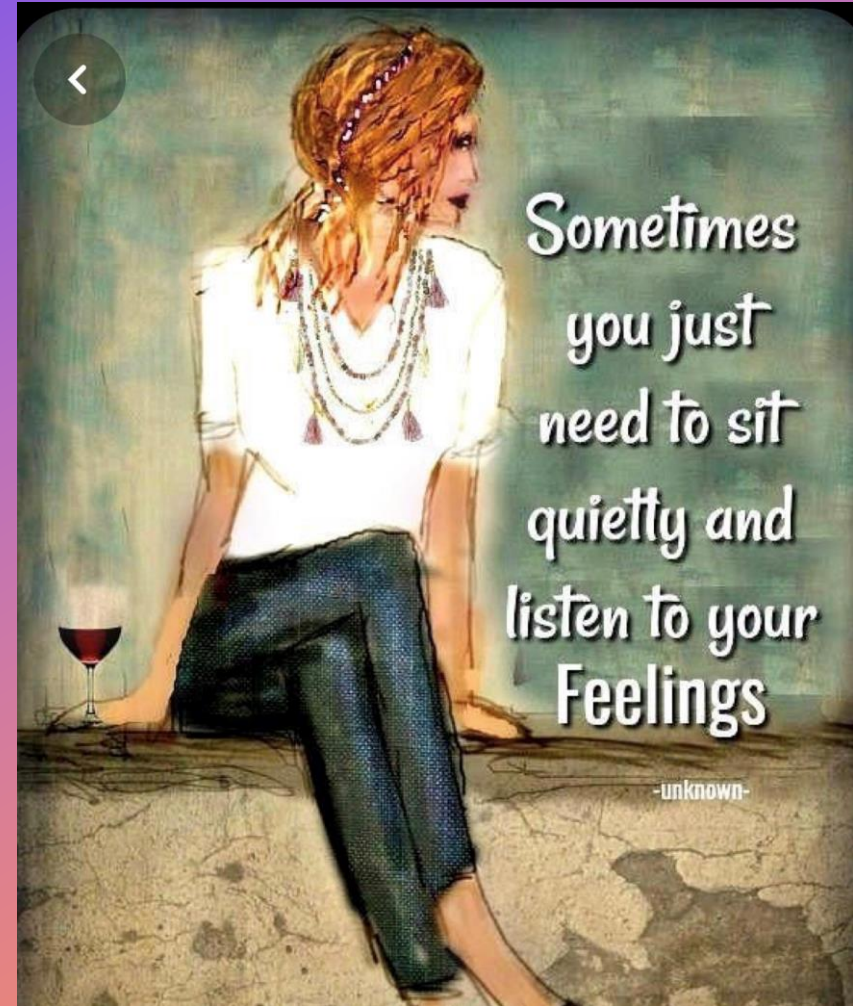
Remember:

Positive Spin with your story is not glossing over difficulties of life.

Tough Experiences make you brave/stronger????



# FEELINGS JUST ARE...NO JUDGMENT



# Feelings & Acceptance

A HUGE PART OF ANXIETY  
IS NOT ACCEPTING WHAT  
YOU'RE FEELING.



# DECIDE: GLASS OR RUBBER???

## IN YOUR CONTROL

### Identify Your "Glass" Balls

- We all juggle many things; some more urgent than others.
- We juggle Glass Balls or Rubber Balls.
- Glass Balls? Metaphorically: Shatter if dropped; those are meaningful moments you may not get back.
- Rubber Balls? Metaphorically: Bounce back; more casual or reoccurring events. The distinction: Where your time should be spent and when!

*Which is non-negotiable important life moment?*

- Special Dinner?
- Child's first night before the start of school?

Credit: Nicole Walters



# WHAT THOUGHTS STOP US....

---

“I have to have everything figured out before I begin.”

---

“The whole idea seems too big. I get overwhelmed thinking about all the details.”

---

“I don’t want to make a mistake, so it’s better to do nothing.”

---

“Other people know how to do it better than I do.”

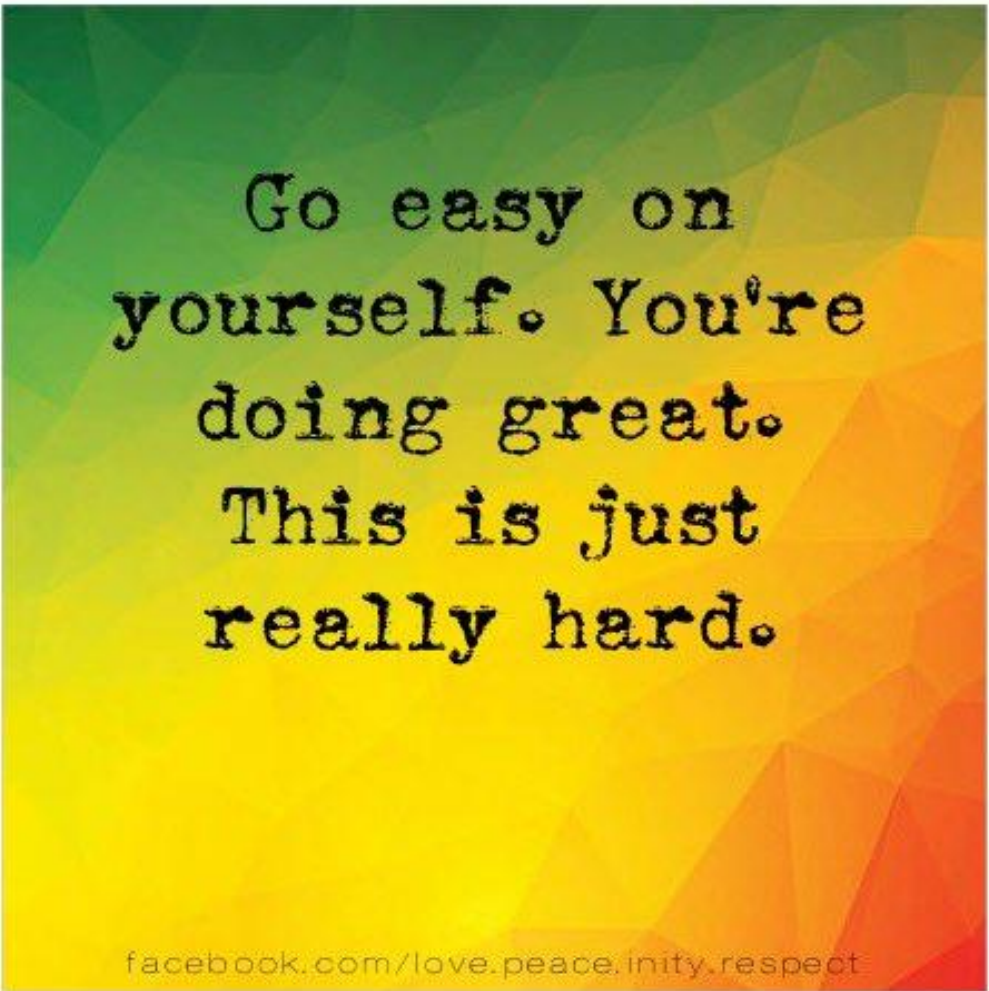
CREDIT: “Center for The Empowerment Dynamic”

+  
• What  
○ Thoughts  
Help Us....

# BABY STEPS....

- **Baby Steps allows your brain to focus on one change at a time:** You don't go to the gym and plan to lift 300 pounds on the first day.
- **Your ego wants perfection/a guarantee:** Ego tries to stop you from changing. Baby Steps are easier/more successful.
- **And if the step *is* a mistake:** You can learn...adjust before taking the next Baby Step.
- **Baby Steps easier to work with your partner:** Easier getting their feedback and building support.

CREDIT: "Center for The Empowerment Dynamic"

A square graphic with a white border. The background is a colorful geometric pattern of triangles in shades of green, yellow, and orange. The text is in a black, typewriter-style font, centered. At the bottom left, there is a small URL in a smaller font.

Go easy on  
yourself. You're  
doing great.  
This is just  
really hard.

facebook.com/love.peace.inity.respect

# WHAT REALLY MATTERS

- Stop Thinking You Can Do It All
- *Ditch the "All or Nothing Thinking"*
- *Nothing is Perfect*
- *Stop the "Shoulds"*

***INSTEAD....Ask Yourself:***

***What is your true intention?***

***Stop, Breath, Ask***

***If someone/something upsets you, ask:***

***What was Your Expectation?***

# GUIDELINES FOR HAPPINESS, PEACE, & LESS ANXIETY:

*SECRETS OF LIFE:  
DIFFICULT, YET MOST  
MEANINGFUL*



## Formula:

+ *Acceptance + Tolerance - Expectations =  
Happiness*

## Quotes:

*"To love someone/others is to strive to accept that person exactly the way they are right here and now." (Mister Rogers)*

*"What if it all works out?" (Melissa Hurley)*

*"Change is the Only Constant"*

*"Only thing certain is uncertainty"*

## MORE TOPICS:

*Body Acceptance*

*Most of your worries won't happen!*

*Thought Accurate?*

*Thought Sensible?*

*Thought Kind?*

*Toxic Relationships*





# LEAVING YOU WITH MORE KEYS.....

- Stay in your time zone-stay-present
- Re-label what is truly happening
- Fact check your thoughts
- Don't lie, over-explain, make excuses, just simply decline
- Close your eyes and breathe
- Follow the 3-3-6 breathing
- Understand the other's perspective and then disagree
- Do *something*
- Ask for a second opinion
- Call a friend
- Watch something funny
- Limit the number of decisions you need when you are relaxing.



# LEAVING YOU WITH EVEN MORE KEYS.....

- Take a time-out
- Eat well-balanced meals
- Limit alcohol and caffeine
- Get enough sleep
- Exercise daily
- Do your best. Accept that you cannot control everything
- Welcome humor
- Maintain a positive attitude
- Get involved. Talk to someone
- Find the small things you can change
- Read; listen to calming music

# REFLECTION

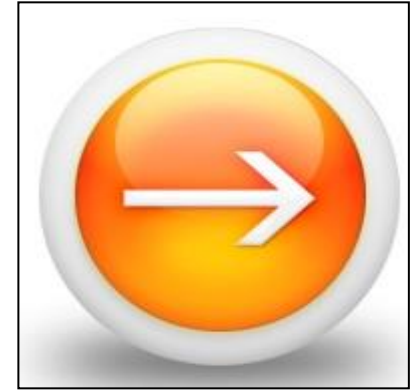
What learning impacted you the most?

What Key will you consider using?

What do you still want to learn?



# BECOMING ACCOUNTABLE....



## Stop/Start/Continue



*In addition to “More In-Depth” ANXIETY WORKSHOPS, the following topics may be “stand alone workshops,” a series of specific topics or integrated themes depending on your personal/professional needs.*

**Website:** <https://www.synchronicity-llc.com/>

“Drama, Drama,  
Drama”\*

“Conflict  
Management”

“Personality Types:  
Who *is* the Difficult  
Person?”

“Inner Peace Thru  
Mindfulness”

“Customer Service:  
Must Start From  
One’s Inner Core”

“Someone  
May be Talking; Doesn’t  
Mean They  
Are Communicating”

‘Change is the Only  
Constant’  
“Losses/Grieving Come  
in Many Forms ”

“How Judgments &  
Expectations of  
Others Can Lead to  
Anxiety”

**\*40% of supervisor’s workday is spent managing Drama...**

**Find out how to reduce the 40% and *increase* productivity and mental health**



## Do You Need Other Help???

Here are some general guidelines to make that decision.....

Seek immediate HELP if you are hearing voices, have out-of-control feelings of violence, experiencing such severe depression, or having suicidal thoughts.

Severe anxiety, panic or fear	Frequent feelings of depression, unhappiness, hopelessness, despair	Substance abuse
Sharp mood swings	Recent changes in appetite or sleep patterns	Extreme weight gains or losses
Excessive worrying	Loss of parent, spouse or other close relative or friend	Physical problems, such as headaches or stomach pain, or a preoccupation with physical illness
Personal or professional crisis	Any change, including a positive one that is MAJOR	