

ANXIETY RELIEF for TEENS

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Approaches to Wellness 11/12

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page 10: Forms of anxiety -

- generalized anxiety disorder
- obsessive compulsive disorder (OCD)
- panic disorder
- post-traumatic stress disorder (PTSD)
- social anxiety disorder
- phobias
- separation anxiety disorder

page 39: Mindfulness is linked to benefiting:

- attention span
- depression and anxiety
- regulating emotions and reactions
- happier relationships
- compassion for oneself and others

Situations / physical sensations / thoughts

page 35: Be Aware of Your Triggers

behaviors

page 30: Self-Soothing -

- Pick an activity to nurture every of 5 senses
- vision - go on a nice walk or watch uplifting videos
- hearing - listen to music or sounds from nature
- touch - take a bath
- taste - savour good foods
- smell - good foods or nice perfume

page 41-42: Tips for Mindfulness:

- don't focus on the outcome
- find days, times, and spaces that work for your life
- be consistent
- be open-minded
- keep track!

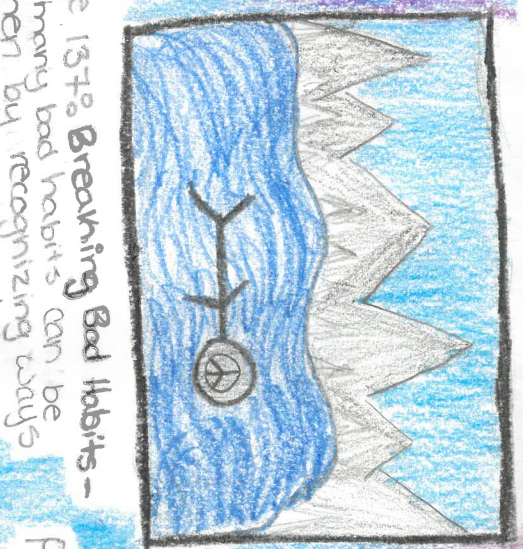
page 46: Lake Meditation

• this is a visualization technique. Imagine you are in a lake, everything beautiful in nature. The wind begins to create waves in the water, making it rough for you to be in. But the wind will go away, and the waves will disappear, just like things that could be causing waves in your life. It will pass.

page 120: Your Avoidance Profile -

• An unhealthy way to cope with anxiety is by avoiding specific situations that induce that feeling. You may be avoiding or doing these things because of that, but you must find your triggers to properly cope with your anxiety.

- specific events/places avoid
- cause to a sensation these things
- uncomfortable thoughts
- asking for reassurance
- have things mentally and/or physically prepared to help your self feel better
- double check things
- live locks and stoves
- must have specific things on hand when out of house.



page 137: Breathing Bad Habits -

- many bad habits can be broken by recognizing ways to be mindful about it.
- perfectionism - cognitive distortions
- rumination - mindfulness / meditation
- compulsions - track with anxiety
- withholding emotions - mindfulness
- muscle tension - breathing and/or body scan
- substance abuse - thoughts, emotions, behavior (CBT)

page 168:

"Panic attacks aren't dangerous, while they can be incredibly scary, they're just false alarms trying to convince you to respond to imaginary danger"



• this is a form of using visualization for meditation and mindfulness. Picture yourself on a train looking out the window. Look at everything passing by: trees, houses, mountains, and animals. But they are all passing just like thoughts will. Imagine your thoughts as everything that passes by.

page 60: Thoughts On a Train -

Anatomy of a Panic Attack:

page 158

