

Managing Your Anxiety

- Living one day at a time
- Mindfulness, acceptance and living in the moment
- Breathing exercises
- Progressive Muscle Relaxation
- Imagery
- New Thoughts (Thought Records)
- Confrontation (Fear Ladder)

Living one day at a time, enjoying one moment at a time

For some people, anxiety is about catastrophizing about the future and their thinking might start off typically with “What if ...”. For example: “What if I fail my exam, then I will not become a Vet and be stuck in this dead end job for the rest of my life”.

Living in this fearsome future is causing you anxiety, and some of that anxiety might be helpful, but you need to bring it back to today. What can I do about it today? There may be nothing, so stop worrying about it. Alcoholics Anonymous end with this prayer after each meeting:

God, grant me the serenity,
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

If there *is* something you can do about, then ask yourself: “What can I do about it *today*: I can get my books out and start revising”. The next two lines to the prayer above is:

Living one day at a time,
Enjoying one moment at a time,

This is a trick Alcoholics Anonymous use. The alcoholic is faced with the dilemma that he or she can never drink again, this is terrifying, so their support person will remind them that they only have to give up alcohol one day at a time (or half a day if that is too much to get their head around).

They have a ‘Just for Today’ card which they give out to newcomers **and they suggest they read it every day** for a while. Here it is, and as they say in AA, “Take what you like and leave the rest”, so either read it *all* every day or take the verse or verses you like and copy them out and read them every day (first thing in the morning is best). Start Training your mind to ‘keeping it in the day’

Just for today

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for 12 hours that would appal me if I felt I had to keep it up for a lifetime.

Just for today I will be happy. Most folks are as happy as they make up their minds to be.

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my luck as it comes, and fit myself to it.

Just for today I will strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: I will do someone a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do – just for exercise. I will not show anyone my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticise not one bit, not find fault with anything, and not try to improve or regulate anybody except myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself, and relax. During this half hour sometime, I will try and get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

You might also find this website useful: Google "Defeating Anxiety AA Style: One Day At A Time" and find a website article by Tesia Blake

<https://byrslf.co/defeating-anxiety-aa-style-one-day-at-a-time-4ae6470f2301>