

Managing Your Anxiety

- Living one day at a time
- Mindfulness, acceptance and living in the moment
- Breathing exercises
- Progressive Muscle Relaxation
- Imagery
- Tracking Thoughts and Triggers
- Looking at your Intermediate beliefs
- Confronting Avoidance and Safety behaviours through Fear Hierarchies; Exposure –Response Prevention (ERP).

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’ (see the Just For Today readings on my Website)

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>