

# anxiety management skills

week 2 [www.jamiehanley.com](http://www.jamiehanley.com)



## MINDFULNESS SKILLS

Revisit the 3 states of mind.  
Practice being non-judgmental,  
one-minded, and effective.

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## EMOTION REGULATION

Remember that you are not your  
emotion, emotions are temporary.  
Don't turn feelings into facts. Don't  
judge your emotions, accept them.

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### Anxiety Management Techniques

- 3 part breath
- Alternate Nostril Breathing
- Focus on exhalations, sigh
- Grounding through the senses

## DISTRESS TOLERANCE

Distract with ACES: Activities,  
Contributing, (Opposite) Emotions,  
and (Other) Sensations

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## INTERPERSONAL EFFECTIVENESS

Use "I statements," practice active  
listening, reflection and validation.

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### Ways to approach distress

- solve the problem
- change the way you feel
- stay miserable
- make it worse
- accept it