



Workbook 1

The Brain, Anxiety and
Psychosocial Education

Introduction

Relaxation Techniques

What can you do to relax? Write your ideas below:

Learning relaxation is like learning any other skill – it requires practice! Practicing your techniques daily, even when you're feeling calm, means they will come more naturally to you when you need them.

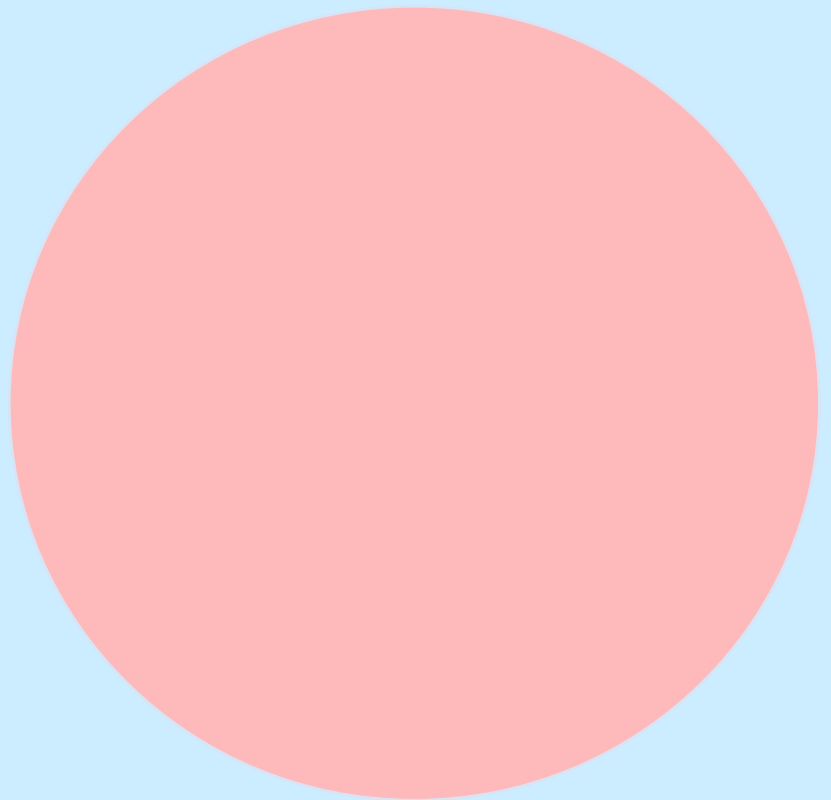
Tick them off each day using this table:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Relaxation							
Gratitude							



What are some things
that make you feel good
about yourself?

Write them in this circle.



What are the things that
irritate you?

Write them in this circle.

Creating your playlist:

1.

2.

3.

4.

5.

6.

7.

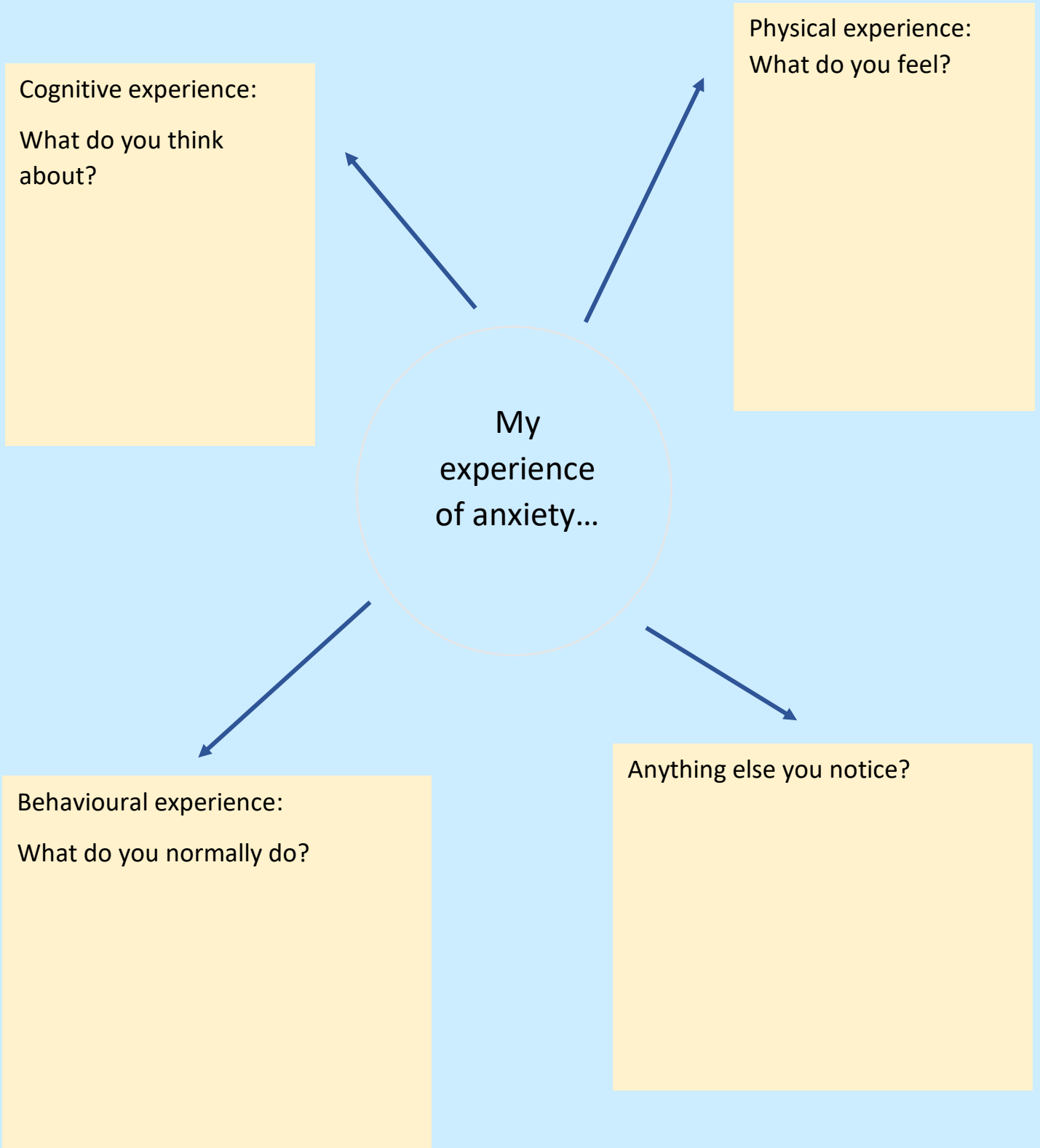
8.

9.

10.

Step One

Create a mindmap to understand your own experience of anxiety below:



Unpicking Patterns:

Who is your safe person?

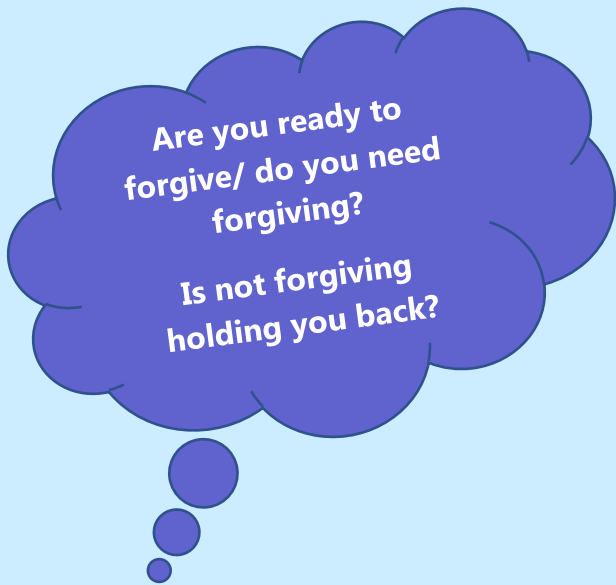
Do you have a typical pattern in your responses when you're feeling the sensations of anxiety? What does that involve?

Is there anyone else involved in this pattern?

What about this pattern is useful, and what needs attention?

Recognising Stuff:

<p>My Stuff // The Past</p>	<p>My Stuff // Present</p>
<p>Other People's Stuff</p>	<p>Other Stuff <i>Things that are out of my control</i></p>



What might you need to forgive to move forward?

What can you do to recover energy tokens?



What scripts can you develop to give someone back their stuff if it is using up your tokens?

For example, "let's do this together now so you can do it next time"

Reflections:

What do I want to change?

What pain or fear do I associate with anxiety?

What will it cost me if it doesn't change?

What are the benefits to making these changes?

How does anxiety affect my relationships?