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*Understanding what we feel helps
us face life and our “fears” head
on, with a greater chance of
overcoming difficult stages.*

*Cavaletti's Psychology
service is available to
welcome you!*

Cavaletti



A PAUSE for ANXIETY

PAUSE IS NEEDED.
YOUR HEALTH THANKS YOU.

A PAUSE FOR ANXIETY

From a psychological point of view, there are natural and physiological emotions, which appear in all people and are the result of an important biological foundation. They can be **joy, fear, anxiety, anger or others**. These emotions can be pleasant or unpleasant.

ANGERS
ANXIETY
JOY
FEAR
AFFECTION
SADNESS

Within the negative emotions, the emotional reactions that most appear without a doubt are anxiety, anger and sadness.

When it comes to **Anxiety**, how to **weaken** it?

We can use some basic exercises:

1

Ask yourself: If I am anxious, **what is the worst thing that could happen in such a situation?** Surely you will visualize that there is always a way out or an answer.

2

Enumerate possibilities to resolve what is generating the anxious state. **Write down several alternatives on paper** and you will see that there are possibilities to resolve situations.

3

Do **physical exercise daily**: at least 30 minutes, it can be a walk, run, jump rope, stretch, ride a bike, play ball, do gymnastics...

4

Try to do things that you **enjoy**: reading books, going out with friends, cooking, dating, listening to music, watching movies, doing activities manuals (painting, embroidery, repairs), in short, doing some occupational activity.

5

To successfully deal with your anxiety you can use the strategy **"calm down"** - calm down - (Bernard Rangé), of eight steps:

1. Accept that your anxiety exists. Even if it seems absurd to you at the moment, accept the sensations in your body. Replace your fear, anger and rejection with **acceptance**.

2. Contemplate the things around you. Don't keep looking inside yourself, watching everything and everything you feel. Remember: you are not your anxiety.

3. Act with your anxiety. Act like you're not anxious. Slow down the pace, the speed at which you do your things, **but stay active**. Do your thing very slowly – both your anxiety and fear will subside.

4. Free the air from your lungs! **Breathe very slowly**. Inhale for a count of three, hold your breath for a count of three, and exhale very slowly through

your mouth, for a count of six. At this rate you'll find out how nice it is.

5. Keep the previous steps. Continue to: (1) accept your anxiety; (2) contemplate; (3) act with it and (4) breathe calmly and gently until the anxiety subsides and reaches a comfortable level.

6. Examine your thoughts. You may be anticipating catastrophic events. Examine what you are saying to yourself - Do you have proof that your thinking is true? Remember: you're just anxious: this can be unpleasant, **but it's not dangerous**.

7. Smile, you did it! You deserve all your credit and all your recognition. You managed, alone and with your own resources, to reassure yourself and overcome this moment.

8. Look forward to the future with acceptance. Get rid of the magical thinking that you will have gotten rid of your anxiety for good. This feeling is necessary for you to live and stay alive.

Exercises to control anxiety



Stop



Take a deep breath slowly



Stretch and relax your muscles



Adjust the posture