



Alleviating Anxiety Activity

Life can feel chaotic, the news can get us down, a myriad of things happening in our world and personal lives can take hold of our minds and take up hours of our days. Here is an activity that may help and feel free to put your own spin on it.

1. Get out a piece of paper, a notecard, a post-it or open the notes app on your phone.
2. Jot down all the things that are causing you anxiety, angst, etc.
3. Pick one that is really weighing on your mind.
4. Either right now, or schedule at least 30 minutes for yourself in the next 24 hours to make a list of all the things in that one area that you have control over and another list of all the things you do not have control over. Do your best to not think about what you do not have control over BUT do think of what you have control over and break those down into action steps, then prioritize those action steps into one thing you can do each day to have control of the situation.
5. Put your notes somewhere that you can access so that when you get anxious about that topic again, you can dig a bit deeper into this activity and get more in tune with what you have control over and what actions you can take to be less concerned.
6. Consider discussing this and your lists with a close friend, family member or therapist.

High Level Example: A natural disaster could hit my hometown (fire, hurricane, earthquake)

What I DO NOT have control over: when it happens, how it happens, where it happens, if it ruins my home.

What I have control over: I can read up on what emergency kit I should have on hand in case it happens, I can create a plan for if it happens, I can create my go bag in case I need to quickly run into my home and can only grab a few things.