



# COUNSELING CENTER

## De-coding Anxiety

Why does Anxiety feels so mysterious and powerful? Is it possible to live life with less Anxiety?

Join to find out what anxiety is scientifically, why it shows up, and how to live a life with LESS ANXIETY? We'll share a mental health formula, offer some handouts, and try out new coping skills you can use at home, on your way to class, and in your relationships to go from overwhelmed to more calm!

### **Topics and Tools addressed in this workshop:**

- What is Anxiety?
- A Mental Health Formula for shifting Anxiety
- Body Emotion Sensation Wheel
- Using the Needs Inventory to Identify mental health Needs
- How to meet needs?

### **Quick coping tips/strategies discussed in the workshop:**

- Re-framing Anxiety from enemy to helpful data that there is a need
- Listening to Anxiety for a cue to self that you have a need that is not being met
- Identify your need
- Take an action (or many actions) to meet that need (this can require some experimenting when you first start)
  - Make adjustments to your schedule
  - Self-Regulation:
    - 5 Senses
    - Walking
    - Somatic Tools
      - Eye shifts with neck bend
      - Finger squeeze
  - Co-Regulation
    - Text a friend
    - Ask for a hug
    - Share a "need" with someone
    - Time/Presence of a friend

To learn more, attend the Creating School/Life Balance Wellness Workshop!