iFIT MIND™

ANXIETY: WORK IT OUT SERIES

With iFIT Guide Dr. Jarrod Spencer

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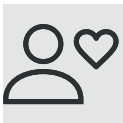
How to Help Someone with Anxiety Worksheet

Being an emotionally healthy version of yourself is important when you're helping someone manage their anxiety. Getting your own counseling is one key way to do that. What benefits have you gained from counseling? If you are not in counseling, what steps could you take to start?

Absorbing the positive energy of your current environment is an important way to refill your emotional gas tank. Look around you right now and write down something that is energizing about your environment.

Reassurance is the antidote to anxiety. What are some expressions of reassurance that you can offer a loved one to help them lower their anxiety?



Remember VEES: This is an acronym for Validate, Empathize, Encourage, and Support. These are critical action steps to help a person lower their anxiety. Reflect on a time when someone did these for you. Write down how and why they helped you when you were struggling emotionally.

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Pandemic Anxiety Worksheet

You are not alone. The pandemic is having a significant mental health impact on everyone. How has it impacted you, specifically when it comes to anxiety?

Strength psychology advocates playing into your strengths in life. What are some current strengths that you have in your life?

Anxiety is the fear of the unknown. Making your unknowns known can help decrease anxiety. What are some unknowns that you will try to gain more clarity on this week?

The pandemic may have slowed down your pace of life, giving you the opportunity to notice more beautiful aspects of it that you may have overlooked previously. Describe them.

What old hobby did you rekindle or what new hobby did you start during the pandemic to help alleviate stress?

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Perfectionism Anxiety Worksheet

Perfectionism is a way to manage background anxiety. What are some life experiences that contributed to the background anxiety that you often feel, even when your mind tends to be quiet?

Perfectionism can be a blessing and a curse

a.) What areas of your life does perfectionism actually help you to excel?

b.) When does perfectionism actually hurt you? What relationships are impacted most?

Try to catch yourself when you are verbally critical of something; pay close attention to your tonality, intensity, and frequency. As you get better at catching yourself, give yourself credit when you are managing your perfectionism. Keep striving today to be more aware of your critical thoughts and prevent yourself from verbalizing them.

Try painting, drawing, pottery, etc. As you do so, be mindful of your critical self-talk. Try to see the beauty in your imperfections. Really appreciate the process of creating art and not just trying to replicate something that fits with a preconceived, idealistic concept in your mind.

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Performance Anxiety Worksheet

Nervousness just means that you are about to do something memorable. List some of the thoughts and feelings you tend to have when you get nervous.

To increase the feeling of excitement (which is the optimum emotion for peak performance), it's helpful to cultivate the attitude of gratitude. What are aspects of your life that you are grateful for today?

One way to better manage anticipatory anxiety is to listen to calming piano music with no lyrics. Listen to some of that music now. Make a playlist of the songs that can help you stay calm before a competition.

Be present. Keeping your mind in the moment is vital when you're trying to keep your thoughts from drifting off into the future. Meditation can be a great skill to help you with this. Do some research on meditation and begin to practice it. List some of the benefits of meditating.

Just like an acorn needs the right conditions to become an oak tree, you need the right conditions to manage performance anxiety in order to thrive. What are some of those ideal conditions for you?

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Relationship Anxiety Worksheet

"I love you, but you are driving me crazy!" Who comes to mind for you? Who might be thinking this of you?

People tend to come into your life for one of three purposes: a reason, a season, or a lifetime. List some people in these three categories:

A reason:

A season:

A lifetime:

Create space. It's a simple concept that's profound when applied. How can you create some space—physical, emotional, and time—between you and a person with whom you are experiencing some tension?

Experiencing awe together can be a significant bonding experience. Where are some places in nature that you wish to visit where you can experience awe with a meaningful person in your life?

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Anxiety Attacks Worksheet

An anxiety attack can occur because of the accumulation of many smaller stressors that eventually add up, which the mind interprets as one big stressor. This can trigger the fight-or-flight response. Think back to an anxiety attack that you've experienced and write down some of the smaller stressors that could have led to the attack.

Slowing down your respiratory rate is important when coping with an anxiety attack. Remember 4141 (inhale for 4 seconds, hold for 1, exhale for 4 seconds, hold for 1). When and where can you practice slowing down your breathing? Practice it now, then write down how you feel.

When an anxiety attack occurs, you'll want to find a quiet place. Where do you typically go to weather out the storm of an anxiety attack? Describe your safe harbor.

Anxiety attacks can be a signal that you should make some changes in your life to decrease emotional stress. What changes could you make right now to decrease your emotional stress?

Positive self-talk can help decrease the frequency, duration, and intensity of an anxiety attack. Write down some expressions that you might say to yourself to manage an attack.