



EVERYWOMAN'S JOURNAL

## Step 2 – March 2017

# Anxiety

Anxiety levels can increase when our ability to cope is outweighed by the stressors placed upon us, both externally and internally. It is important to maintain a healthy balance between stress and the activities that reduce stress.

- Use the space below to write down EXTERNAL factors that may increase the stress in your life (ex. paying bills, moving, illness)

- Use the space below to write down activities you do to reduce the stress in your life. (ex. exercise, reading, baths)

- Reflect on both lists. What do you think of your current balance of stressors vs. stress relievers?

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- Describe what more of a balance looks like to you. What can you do to incorporate more stress relievers?

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"What if...?" questions are a powerful way in which we INTERNALLY can generate or maintain an anxious state. When we say "what if...?", we are often anticipating a potential threat- "What is something bad happens?" "What if it all goes wrong?" - triggering our "fight or flight" response. However, with each potential negative outcome we imagine, there is an equally positive possibility.

- Challenge your "What if...?" thoughts. Come up with three "glass half full" ways of seeing each of your "glass half empty" ones.

<i>Negative "What if...?"</i>	<i>Positive "What if...?"</i>
<p><i>Ex. What if I get in a car accident?</i></p>	<p><i>What if I don't?</i>  <i>What if I'm a very careful driver?</i>  <i>What if I get there safely like every other time?</i></p>

***"If you don't like something, change it; if you can't change it, change the way you think about it."***  
 ~ Mary Engelbreit, graphic artist and book illustrator