

Mindful Practice Group Worksheet – 15.8.16

Anxiety



Quotes

Worry is a total waste of time. It doesn't change anything. All it does is steal your joy and keeps you very busy doing nothing – Pinterest quote

Stress is strongly linked to diseases, and chronic stress can give these conditions the green light to flood your body. Stress has been linked to cancer, lung disease, fatal accidents, suicide, and cirrhosis of the liver. – Tiny Buddha

Exercise

panic/anxiety attack

1. breathe in for 4 seconds
2. hold your breath for 7 seconds
3. exhale breath for 8 seconds
4. repeat once or twice more.

This causes an autonomic nervous system shift from a sympathetic (fight or flight reaction) state to a parasympathetic response.

Meditation

<https://www.youtube.com/watch?v=1CDZGXIHYP8&feature=youtu.be> – Letting Go

Links

<http://tinybuddha.com/blog/5-breathing-techniques-melt-stress-away/>

http://www.mindful.org/10-mindful-attitudes-decrease-anxiety/?utm_source=Mindful+Newsletter&utm_campaign=dfff8b93d2-MF+Top+Stories+July+29+2016+29+2016&utm_medium=email&utm_term=0_6d03e8c02c-dfff8b93d2-21758773&mc_cid=dfff8b93d2&mc_eid=bc47b62f51

<http://www.anxietycure.co/anxiety/how-to-stop-having-panic-attacks/>

<http://tinybuddha.com/blog/coping-anxiety-people-arent-there-for-you/>

<http://tinybuddha.com/blog/deal-depression-anxiety-10-lessons-lake/>

<http://www.haleyjsnyder.com/8anxietybusters/>

<http://www.healthyplace.com/anxiety-panic/articles/coping-statements-for-anxiety/>