

# FOUR CORE STRATEGIES FOR MANAGING STRESS AND ANXIETY

## 1. ATTENTION - CENTERING TECHNIQUES

To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.



MEDITATION



BREATHING



VISUALIZATION

## 2. EXPRESSIVE, CREATIVE STRATEGIES

To channel anxious thoughts or feelings in more productive ways, we might identify specific outlets to express creativity, such as working on a project, drawing, and athletics.



WORKING ON  
A PROJECT



ARTS



PHYSICAL MOVEMENT

## 3. REFLECTION EXPLORATION STRATEGIES

To monitor where anxiety arises, become more aware of anxiety triggers, and reflect on anxious thoughts and feelings, we might try strategies that foster self-observation.



JOURNALING



SELF-MONITORING



COMMUNICATION

## 4. HEALTHY LIFESTYLE VALUES

To reduce residual feelings of anxiety, it could help to turn attention toward healthy habits, healthy relationships, healthy pleasures, and a healthy environment.



NUTRITION



RELATIONSHIPS



EXERCISE



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Adapted from Shelly Harrell, PhD

Anxiety Canada

- Free resources, workshops, courses, podcasts for children, teens, adults etc.

<https://www.anxietycanada.com/free-downloadable-pdf-resources/>

Guilt vs. Shame

<https://s3.amazonaws.com/nicabm-stealthseminar/Shame17/infographic/NICABM-Infographic-Shame-PrintFriendly.pdf>