

for you to know

There are two ways to work on managing anxiety. The first is by practicing prevention, which means that you spend time doing relaxation techniques on a regular basis to keep your everyday anxiety at a low level. The second is by practicing intervention: at the time you feel your anxiety level rising, you perform a relaxation technique to help you calm down and manage the current situation.

Some people don't understand why they should practice relaxation techniques *before* they are feeling anxious. To help you understand why it is a good idea, think about your teeth. Do you wait until you have a cavity to start brushing your teeth? Most of us brush our teeth every day because it helps prevent cavities from forming. It is the same with anxiety. If you practice relaxation techniques every day, you can better prevent anxiety from forming.

Some of the relaxation techniques you will learn in this book are best used for prevention, before you feel anxiety, and some are best used for intervention, at the time you feel anxiety. Many of the techniques can be used at both times. It is important to remember that the more you practice the techniques as prevention, the better you will be able to use them for intervention.

activity 4 * prevention and intervention

directions

Put a "P" next to the phrases that describe activities done as prevention (before a situation or event) and an "I" next to the phrases that describe activities done as intervention (at the time of a situation or event).

- _____ Studying for a test
- _____ Recalling information at the time of a test
- _____ Eating a variety of healthy foods daily
- _____ Drinking juice when you have a cold
- _____ Slamming on your brakes to avoid an accident
- _____ Driving at the speed limit
- _____ Setting your soda can on a coaster
- _____ Cleaning soda rings off the coffee table
- _____ Washing your face on a daily basis
- _____ Applying acne cover-up when your face breaks out
- _____ Saving part of your allowance or paycheck each week
- _____ Asking your parents for a loan when you need extra money
- _____ Putting gas in your car when the gauge reads empty
- _____ Putting gas in your car when the gauge reads one-quarter full
- _____ Bringing a granola bar in your backpack in case you get hungry
- _____ Buying a granola bar at a vending machine when you get hungry
- _____ Paying your cell phone bill by the due date
- _____ Paying your cell phone bill when your service gets turned off
- _____ Wearing a wristguard when you go bowling
- _____ Doing wrist-strengthening exercises twice a week

more to do

Describe three activities you have done in the past week that could be considered prevention.

1. _____
2. _____
3. _____

Describe three activities you have done in the past week that could be considered intervention.

1. _____
2. _____
3. _____

Describe a situation in which your intervention would have been better if you had also practiced prevention.

Describe any activities you already do to prevent your anxiety level from getting too high.

Describe what you usually do to help yourself when your anxiety level gets very high.
