



Take the Opposite Action to Combat Anxiety

When we are intensely or chronically anxious our world starts to shrink. We often stop doing the things we enjoy and avoid the people we love because we feel overwhelmed. Taking the “opposite action” is a skill whereby you make a deliberate attempt to act OPPOSITE of what your anxiety is urging you to do. Here are some “opposite action” steps to take when you feel anxious:



- Smile for 30 seconds.
- Focus on sitting or standing up straight and deepen your breathing until your stomach distends.
- Dance to your favorite song.
- Watch a movie or comedian that makes you laugh.

Notice fear and say to yourself “I see you fear. Thank you for trying to protect me. I am going to turn your volume down.” Then throw yourself into these actions. By doing so, you are actually rewiring your brain by giving yourself options on responding rather than reacting.

For more information visit:
<http://bit.ly/BowdoinMHMMoments>

