



CALM

Practical ways to manage anxiety and stress

RUN SHEET
60 MINUTES
UP TO 30 PARTICIPANTS



INTRO

- Facilitator intro.
- Ground rules for the session.
- Explanation around what anxiety is – fear of what might happen...
- Video shared around ‘fight or flight’ and what it means.

HOW ARE YOU FEELING?

- Activity:
 - Participants are invited to share on a whiteboard how they are feeling. They can list any emotion or thought.
 - Reflection.
- Explanation re ‘Thoughts = Feelings’ (the basis of CBT).
- People are asked to consider what the trigger event was that led to their feeling – this is to show we can have power over our feelings.

CHALLENGING UNHELPFUL THINKING

- Activity:
 - ‘Cognitive Distortions’ – common distorted thinking patterns are shared and participants pick three they most identify with.
 - ‘Cognitive Restructuring’ – everyone then challenges any unhelpful thoughts they have using our restructuring framework.
 - Participants reflect on scenarios when they could and would find this helpful.

DEALING WITH WORRY

- Explanation of worry.
- Activity:
 - Participants list worries and outline if they are hypothetical or current.
 - Outline shared of how to deal with each type of worry.

IN-THE-MOMENT STRESS BUSTERS

- Explanation given that relaxation and anxiety cannot co-exist.
- The group is led through a breathing exercise.
- Other ‘In-The-Moment’ stress busters are shared.

STAYING WELL PLAN

- As a change from the normal action plans, participants write a ‘Staying Well Plan’ – thinking of everything they can do to look after themselves.
- Participants are invited to share with the rest of the group a number of things they are going to do.
- Further resources are shared.