

Coping with Anxiety

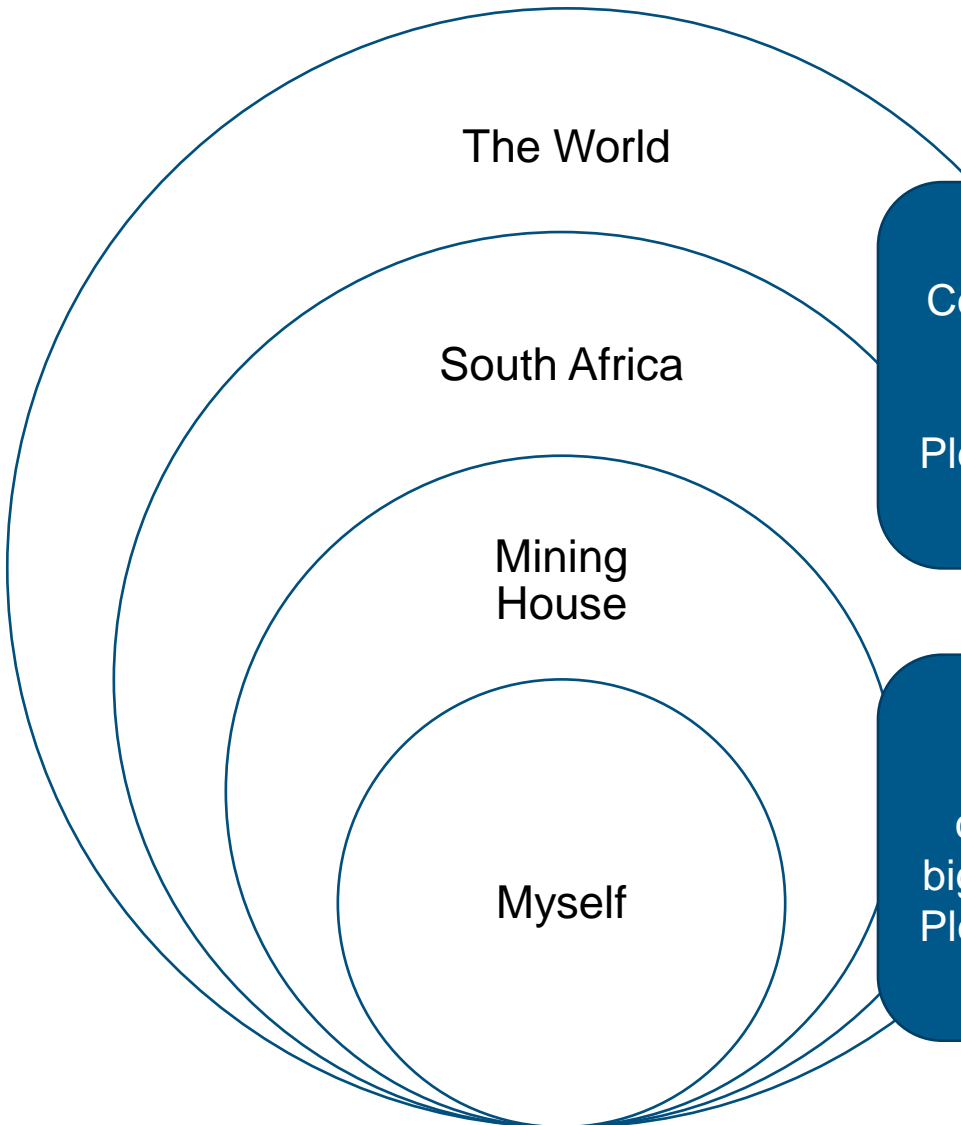
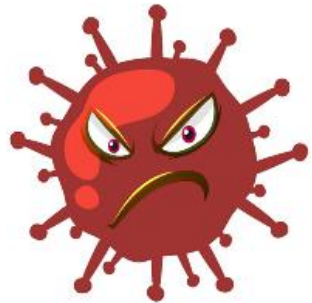
SACHRA | M Malan



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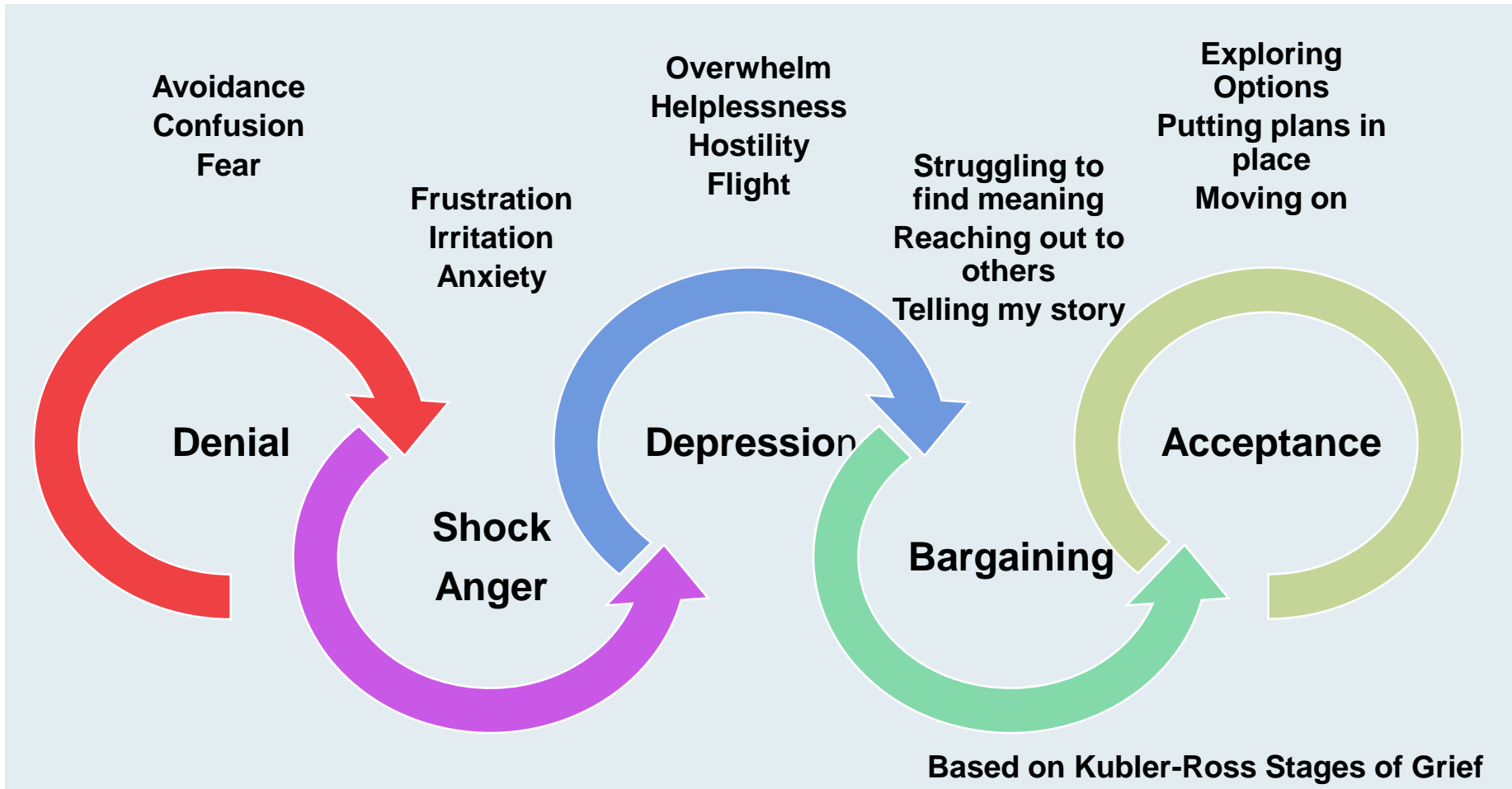
What have we been through since March 2020?



Reflect and Share 1
Considering the circles on the left, what is currently your biggest concern or worry? Please share your response in the 'meeting chat'

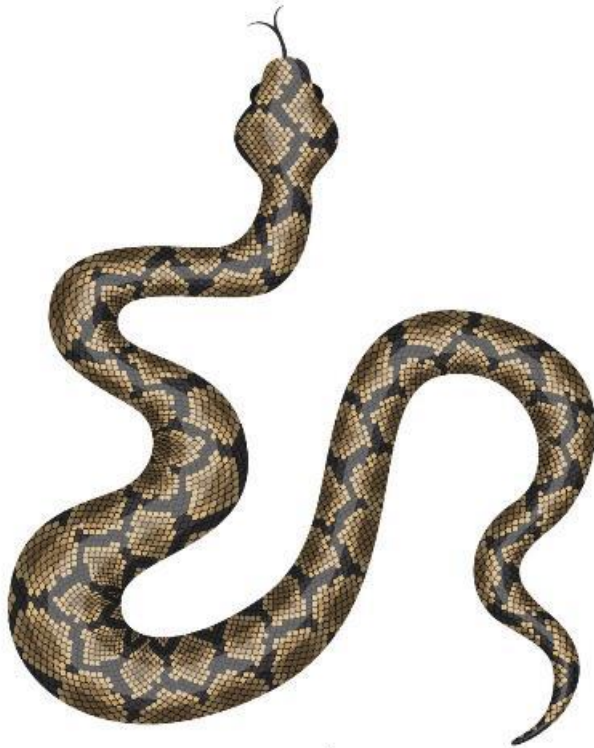
Reflect and Share 2
Considering your biggest concern/ worry, what is the biggest emotion that you feel? Please share your response in the 'meeting chat'

The Emotional Response to Change Curve [Tool 1]



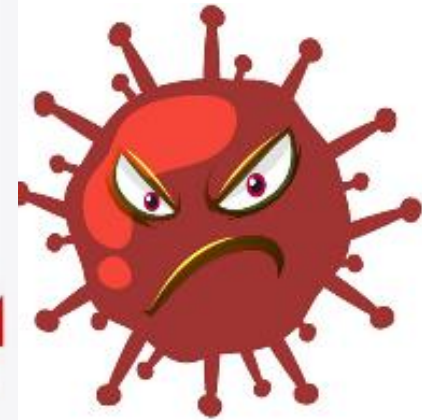
Reflect and Share 3: In the meeting chat, please share what stage you are in currently

What is your AUTOMATIC REACTION when you SEE A SNAKE? Do you fight, take flight or freeze...?



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- Pay cuts & job losses
- Sick relatives
- Stigma experienced
- Possibility of infection
- Family member job loss
- Run-in with the police
- Unrelated event...

Calm the Stress Response [Tool 2]



When we are in trauma or stress, we first need to calm our stress response so that we can get out of the paralysing spiral and think clearly. Also, the cortisol and adrenalin that builds up in our body can become toxic if we don't get it out of our systems. Here are a few strategies to calm the stress response:

4-7-8 Breathing

- Take a deep 'belly-breath' as you count to 4
- Hold breath as you mentally count to 7
- Release your breath slowly and completely as you mentally count to 8
- Repeat until you feel calm (3+ times)

Progressive Muscle Relaxation

- Start with your feet, tense your muscles slowly while taking a deep slow breath through nose
- Hold breath and muscles for 5 secs
- Breathe out through your mouth slowly as you release the tension in your feet
- Repeat with all parts of body, working up

Get your heartrate up!

- Cardio exercises such as jogging, cycling, dancing, kick-boxing, etc.

Let those emotions out

- Ensure you are in a safe space
- Scream into you pillow
- Ugly cry in the shower

Use STOPP →

STOPP

TAKE A BREATH

OBSERVE: What am I thinking?
What am I reacting to?
What am I feeling in my body?

PULL BACK: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

PRACTISE WHAT WORKS: What's the best thing to do for me, for others, for this situation?



Sources: Stopp Card downloaded [here](#)