

WEEK 19 of #YOUR2024STORY

Journal Prompt: *Navigating Anxiety*

Coping with Anxiety

Learn to see anxiety, not as a barrier, but as a part of our journey we can navigate with grace and strength.

Journal Prompts:

- 1) Consider a recent situation where you experienced a high level of anxiety. Can you describe the circumstances in detail? What was the setting like? Were you indoors or outdoors, at work or at home, alone or surrounded by people? Who were the people involved, if any? How did they contribute to the situation? Also, delve into your emotional state. Were you anxious throughout or did your anxiety levels fluctuate?
- 2) Try to identify the triggers in that situation. What specific factors do you think contributed to your heightened anxiety? Consider all possibilities - the physical environment, the presence or actions of certain individuals, or perhaps particular events or discussions that took place. Was it a combination of these elements or can you narrow it down to one main trigger?
- 3) Reflect on your response to your anxiety. How did you react in the moment and afterwards, once you had some distance from the situation? Did you use any particular strategies to manage your anxiety? These could be techniques you've learned, such as deep breathing or mindfulness, or personal coping mechanisms. How effective were they in reducing your anxiety, both in the immediate aftermath and in the longer term?
- 4) In retrospect, would you respond differently if a similar situation arose in the future? Thinking about this can help you prepare for potential anxiety-inducing situations down the line. Is there anything you've learned from this experience that you would apply to future scenarios?

Approach anxiety with understanding and kindness. Remember, coping with anxiety is not about eradicating it completely but learning to manage it as part of the broader narrative of our lives.