

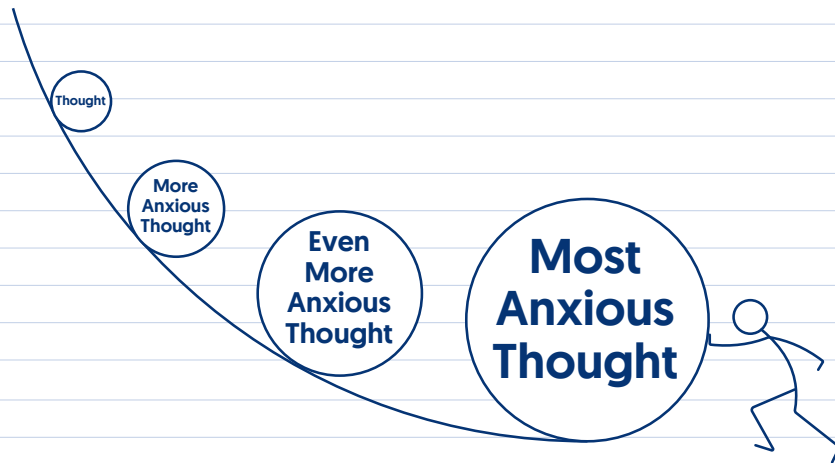


ACTIVITY

When you are facing feelings of anxiety, sometimes one anxious thought can lead to another anxious thought and even another!

In those times, the anxiety feels like it's getting stronger and stronger and your mind starts to build up more and more anxious thoughts.

Too many anxious thoughts can make you feel overwhelmed.



We can think of this buildup of anxiety as a snowball rolling down a hill.

It's easier to stop the snowball when it is still small at the top of the hill instead of at the bottom of the hill where it has built up so much snow and speed that you feel powerless to stop it.

Consider this example of Anxiety Snowballing:





ACTIVITY

Look at the first anxious thought and ask yourself:

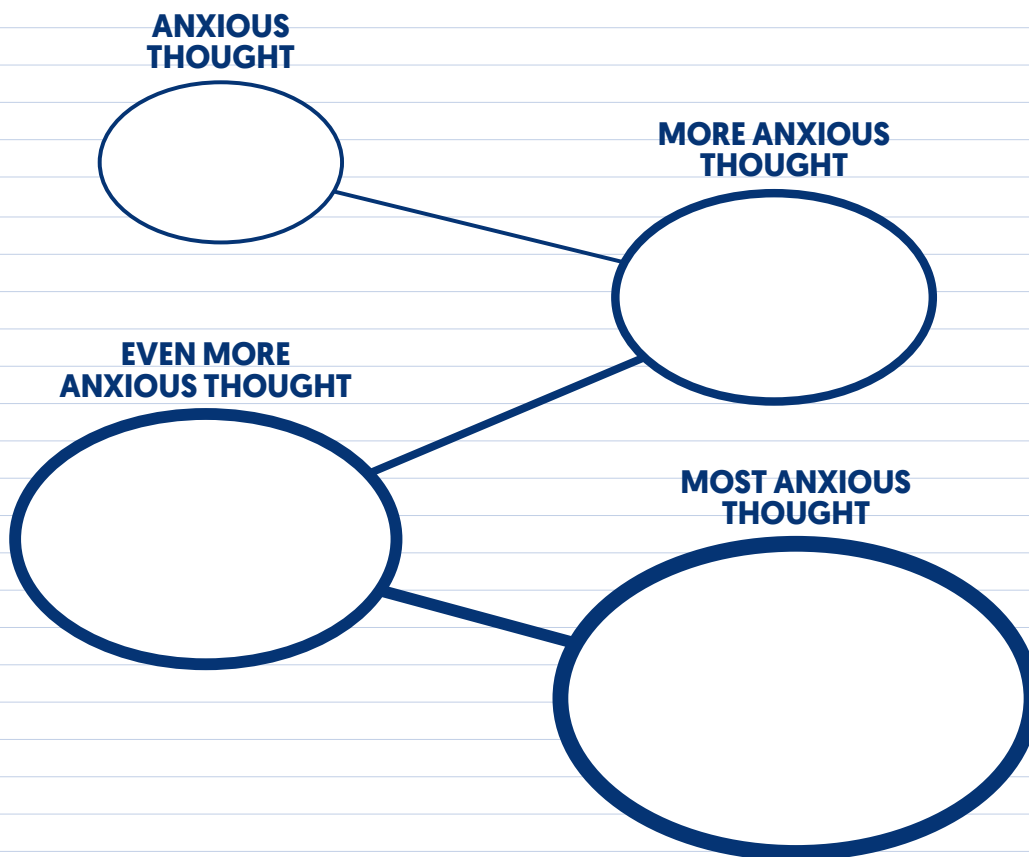
- Will failing this 1 test really mean this student will never become a veterinarian?
- Are these thoughts helpful?
- What would you say to this student to make them feel less anxious?
- Do you know of any mindfulness techniques or coping strategies that might help this student?

EXERCISE

Now it's your turn!

PART 1:

Think back to a time when one simple thought quickly snowballed into more and more anxious thoughts. Write down your anxious thoughts in the bubbles below.



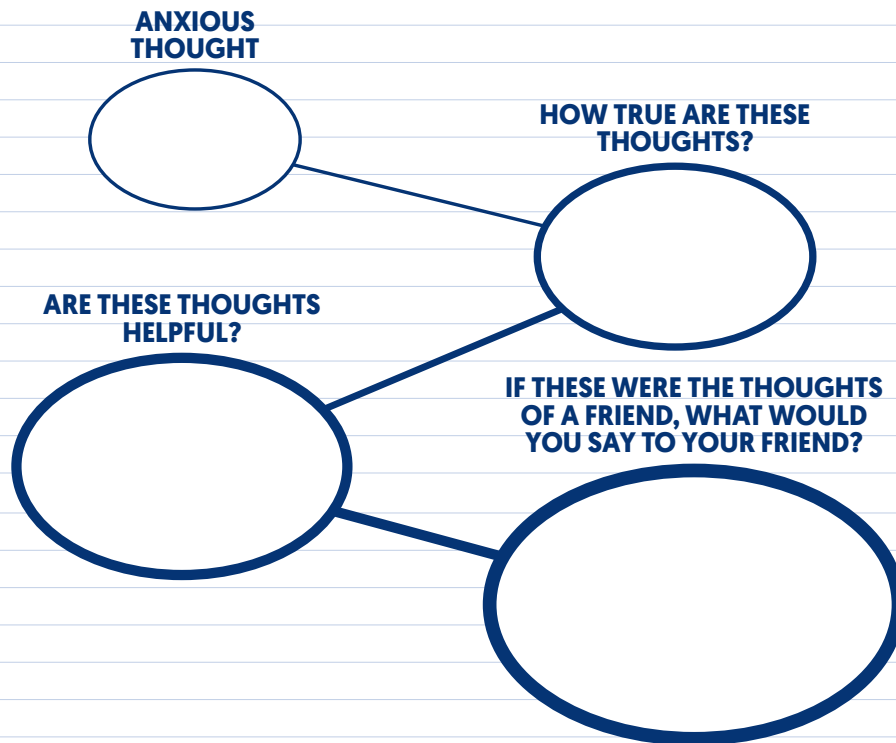


ACTIVITY

PART 2:

Rewrite the first anxious thought from Part 1. Follow the bubbles, this time writing your answers to the questions provided.

- How true are these thoughts?
- Are these thoughts helpful?
- If these were the thoughts of a friend, what would you say to your friend?



We all experience times when anxious thoughts sneak their way into our thinking. As soon as you recognize those anxious thoughts, take a deep breath and challenge them! Challenge them by shifting your thinking from those scenarios that you imagine to scenarios that are true and helpful. Remember to treat yourself gently and to use the power of positive self-talk to help calm those anxious thoughts.

And finally, what mindfulness techniques and coping strategies could you use to make you feel less overwhelmed when anxious thoughts present themselves?

