



Episode 186: How to Cope With Anxiety in Yourself, Your Kids and Your Colleagues

with Nicky Odgers

Everyone experiences anxiety and that is completely normal. Children, young adults, and high-stress professionals like you face situations that can make you feel anxious each day. However, when it becomes too much, too often, anxiety can hold you back from doing your best and seizing new opportunities. It can interfere with your work, your interactions, and your daily life.

It's okay to feel anxious, everybody does! You'll find that it's an important part of our biology that's kept us alive throughout history. What's important is learning how to tackle anxiety. When you're able to cope properly, you'll be able to keep saving lives and do new things even when you're worried or afraid.

Don't let anxiety hold you back from living the best life you can! Learn to tackle anxiety in this episode of You Are Not a Frog

Podcast links

Episode 22: [The Perils of Perfectionism with Nicky Odgers](#)

[Starving the Anxiety Gremlin](#) by Kate Collins-Donnelly

[My Anxiety Handbook](#) by Sue Knowles

[Poppy O'Neill Books](#)

[What to Do When You Worry Too Much](#) by Dawn Huebner

[Helping Your Child with Fears and Worries](#) by Cathy Creswell and Lucy Willets

[Get Your Sh*t Together](#) and [The Life-Changing Magic of Not Giving a F*ck](#) by Sarah Night

Check out our [Permission to Thrive CPD membership](#) for doctors!

Find out more about the [Shapes Toolkit Training](#) programme

Join the [Shapes Collective FB group](#).

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

Find more resource from the [British Medical Association](#)



Guest links

Connect with Nicky:

[Website](#)

Quote to remember:

'It's really important for people to learn more about [anxiety]... because I think once you understand it, then you have a much better grip on how you can actually learn to deal with it.'

What You Will Learn

Anxiety is something everyone, including you and your colleagues, has experienced more than once in their life. It happens when you feel threatened, even if the threat may be a false alarm. While it's a normal thing to feel, anxiety can become a problem when it starts interfering with life. It can hold you back from experiencing new things and being able to thrive.

The activities below take you through the different strategies and techniques you can use to tackle anxiety. Don't let anxiety stop you or the people around you from living a full life.

Understanding anxiety, its purpose and how people may experience it, is a crucial part of learning to cope. It helps you realize that this feeling can actually be a good, important part of our lives at times. You'll discover how your thoughts, feelings, physical sensations and behaviours play a part in experiencing anxiety.

With your new, deeper understanding of anxiety, you'll be better equipped to face your fears. You'll learn that there are many, healthy ways to tackle anxiety. Give yourself and others the opportunity to realize your thinking errors and learn to find the truth. Hone your problem-solving skills as you figure out how you can face your fears one step at a time.

Lastly, help others tackle their anxiety as well. Learn how you can shift these strategies and techniques around so that they can guide your friends, family, and



colleagues as they face their own fears. Be there for them and support them in a healthy way. This way, you and the people around you are able to thrive and live a full life by learning to properly cope with anxiety.

Activity: Learning To Cope With Anxiety

Understanding Anxiety

Anxiety has kept us safe from threats throughout history. In the modern world, anxiety works in a different way, especially for high-stress professionals who deal with different kinds of threats in the workplace. Deepen your understanding of the purpose of anxiety and how it works in your mind and body. Check out different resources online and share what you learn here.

From your understanding, what is the purpose of anxiety? When does it become a problem?

Take a look at the resources section to find more recommendations from Nicky and Rachel to help you better understand anxiety.



Understand Your Anxiety

What threats trigger your anxiety? Which of these may be false alarms?

Threat	False or True?

Apply what you learned to yourself. As Nicky said, think about anxiety in terms of the link between your thoughts, feelings, physical sensations and behaviours. Recall a time when you've felt anxious and identify the links in your mind, body, and actions.

A time you felt anxious:			
Thoughts	Feelings	Physical Sensations	Behaviours

Identify if your behaviour in response is avoidance or reliance on safety behaviours. Reflecting back, what are your safety behaviours.

Facing Your Fears

It's important not to avoid what you're afraid of or completely jump head-first into it. As you face something you're anxious about, break it down into steps to slowly learn and realize that it's actually okay. What's something you may be anxious about doing and want to avoid? Define the problem you're facing.



Workbook, CPD & Reflection Log

Think of a step-by-step plan that you can take to learn how you can cope with the situation.

- 1.
- 2.
- 3.
- 4.
- 5.

You can also take a problem-solving approach to face your fear. Think of various solutions to your problem. Evaluate which ones are good, bad, doable, and the best.

Your Possible Solution	Evaluation

Practice your chosen best solution, maybe by running it through a friend or colleague, and see how it turns out.

Checking Your Thinking Errors

Automatic thoughts often go unchallenged despite being wrong. Check your thoughts and reflect on whether they are true or not.

Here are some questions you can ask yourself as you reflect:

1. What do you think would happen if you do this thing you're anxious about?



2. Has that happened before?

3. What's so bad about this happening?

At the end of this quick reflection, ask yourself, are your thoughts true or are they thinking errors that may be keeping you from learning?

It's Great to Have Support!

Having people around you who can help you question your automatic thoughts, try out your solutions, or simply cheer you on can be great! Who are family members, friends, or colleagues who can help you as you face anxiety?

Be the support someone else might need. If you have a friend, family or colleague who might be feeling anxious, how can you support them?



How can you acknowledge their feelings?
What strategies or techniques can you model to encourage them?
What questions would you ask to help check their thinking errors?

Use what you learned about anxiety to help yourself and others as well!

CPD time claimed:
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