



JOURNAL

8 WEEK PROGRAM

ALBERTA ANXIETY TO CALM™ Contents

- i | Burns Anxiety Inventory – Week 1**
- 1 | Alberta Anxiety to Calm™ Introduction**
- 2 | Skills**
- 3 | Housekeeping**
- 3 | Workshop format**
- 3 | Group guidelines**
- 4 | Fight, flight or freeze**
- 5 | Alberta Anxiety to Calm™ Week 1**
- 5 | Week 1 skills**
- 5 | Skill: Find calm: Breathing exercises**
- 8 | Skill: Challenge myself: Capture my best hope**
- 9 | Skill: Live well: Sleep well**
- 10 | Tracking sleep**
- 11 | Check-out**
- 13 | Alberta Anxiety to Calm™ Week 2**
- 13 | Self check-in**
- 13 | Week 2 skills**
- 14 | Skill: Find calm: Progressive muscle relaxation**
- 15 | Skill: Challenge myself: Respond to stress**
- 16 | Symptoms of stress – self assessment**
- 17 | Slowing down to reduce stress**
- 18 | Skill: Live well: Choose to create balance**
- 19 | My life balance wheel**
- 20 | Check-out**
- 21 | Alberta Anxiety to Calm™ Week 3**
- 21 | Self check-in**
- 21 | Week 3 skills**
- 22 | Skill: Find calm: Body scan**
- 23 | Skill: Challenge myself: Choose new behaviors**
- 24 | Fear ladder**
- 26 | Fear log**
- 28 | Skill: Live well: Be active**
- 29 | Check-out**
- 31 | Alberta Anxiety to Calm™ Week 4**
- 31 | Self check-in**
- 31 | Week 4 skills**
- 32 | Skill: Find calm: Discover guided imagery**
- 33 | Skill: Challenge myself: Challenge my thoughts**
- 34 | Realistic thinking – How to challenge thinking traps**
- 37 | Skill: Live well: Choose to eat well**
- 38 | Check-out**
- 39 | Alberta Anxiety to Calm™ Week 5**
- 39 | Self check-in**
- 39 | Week 5 skills**
- 40 | Skill: Find calm: Discover the benefits of loving kindness**
- 41 | Skill: Challenge myself: Challenge my beliefs**
- 42 | Challenge my core beliefs**
- 45 | Skill: Live well: Build support**
- 47 | Check-out**

ALBERTA ANXIETY TO CALM™ Contents

49 | Alberta Anxiety to Calm™ Week 6

49 | Self check-in

49 | Week 6 skills

50 | Skill: Find calm: Three minute breathing space

51 | Skill: Challenge myself: Honour my emotions

53 | Feelings wheel

54 | Emotional awareness

55 | Skill: Live well: Use music to influence my mood

56 | Check-out

57 | Alberta Anxiety to Calm™ Week 7

57 | Self check-in

57 | Week 7 skills

58 | Skill: Find calm: Learn to daydream

59 | Skill: Challenge myself: Challenge my worry

60 | The worry tree

62 | Action plan

63 | Skill: Live well: Find a pleasurable experience

64 | Check-out

65 | Alberta Anxiety to Calm™ Week 8

65 | Self check-in

65 | Week 8 skills

66 | Skill: Find calm: Find my safe place

67 | Skill: Challenge myself: Plan for my future

68 | Wellness toolkit

70 | Skill: Live well: Enjoy my success

71 | Check-out

72 | Alberta Anxiety to Calm™ Resources

73 | Burns Anxiety Inventory – Week 8

75 | Participant evaluation – Week 8

ALBERTA ANXIETY TO CALM™ Contents

Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name

ALBERTA ANXIETY TO CALM™ Questionnaires

Burns Anxiety Inventory – Week 1

Name		Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female
Date	Date of birth (MM/DD/YYYY)	

Instructions: Indicate how much each of the following 33 symptoms has been bothering you in the past several days, by marking the box that applies to you.

	0 NOT AT ALL	1 SOMEWHAT	2 MODERATELY	3 A LOT
CATEGORY I: ANXIOUS FEELINGS				
1. Anxiety, nervousness, worry or fear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Feeling things around you are strange or foggy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Feeling detached from all or part of your body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Sudden unexpected panic spells	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Apprehension or a sense of impending doom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Feeling tense, stress, “uptight” or on edge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CATEGORY II: ANXIOUS THOUGHTS				
7. Difficulty concentrating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Racing thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Frightening fantasies or daydreams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Feeling on the verge of losing control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Fears of cracking up or going crazy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Fears of fainting or passing out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Fears of illnesses, heart attacks or dying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Fears of looking foolish in front of others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Fears of being alone, isolated or abandoned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Fears of criticism or disapproval	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Fears that something terrible will happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continued on page ii ►

ALBERTA ANXIETY TO CALM™ Questionnaires

	0 NOT AT ALL	1 SOMEWHAT	2 MODERATELY	3 A LOT
CATEGORY III: PHYSICAL SYMPTOMS				
18. Skipping, racing or pounding of the heart	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Pain, pressure or tightness in the chest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Tingling or numbness in the toes or fingers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Butterflies or discomfort in the stomach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Constipation or diarrhea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Restlessness or jumpiness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Tight, tense muscles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Sweating not brought on by heat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. A lump in the throat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Trembling or shaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Rubbery or “jelly” legs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Feeling dizzy, lightheaded or off balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. Choking or smothering sensations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Headaches or pains in the neck or back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Hot flashes or cold chills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Feeling tired, weak or easily exhausted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

We are collecting this information according to the requirements specified in the Health Information Act of Alberta, sections 27 (1)(a), (g)

© David. D. Burns, 1984

Introduction

If you struggle with anxiety and want to learn tools to manage your anxiety, this program is for you! This workbook includes highlights of the **Alberta Anxiety to Calm™** information we will be sharing with you. Use it to guide you with the skills and bring it with you to every class. When you are finished this program you can refer back to it to practice the skills you learned.

Alberta Anxiety to Calm™ is a Red Deer Primary Care Network program designed by psychologists and clinical social workers with the support of family doctors.

Over the next **8 weeks**, we will be looking at **three key areas** and you will **practice skills** proven to help you **manage your anxiety**.

The three areas we will be addressing are:

Find calm: Learn exercises that will help me to manage my anxiety.

Challenge myself: Challenge my thoughts, behaviors and emotions.

Live well: Learn to improve my lifestyle.



ALBERTA ANXIETY TO CALM™ Introduction

Skills

These skills have been proven to be effective through research and our participant use. You will be introduced to a **few skills each week** throughout the workshop. Participants who have the biggest reduction in anxiety use **one or more** of these skills every day. It will take **commitment** and **practice** to incorporate these skills into your daily life.

Week 1

Find calm: Breathing exercises

Challenge myself: Capture my best hope

Live well: Sleep well

Week 2

Find calm: Progressive muscle relaxation

Challenge myself: Respond to stress

Live well: Choose to create balance

Week 3

Find calm: Body scan

Challenge myself: Choose new behaviors

Live well: Be active

Week 4

Find calm: Discover guided imagery

Challenge myself: Challenge my thoughts

Live well: Choose to eat well

Week 5

Find calm: Discover the benefits of loving kindness

Challenge myself: Challenge my beliefs

Live well: Build support

Week 6

Find calm: Three minute breathing space

Challenge myself: Honour my emotions

Live well: Use music to influence my mood

Week 7

Find calm: Learn to daydream

Challenge myself: Challenge my worry

Live well: Find a pleasurable experience

Week 8

Find calm: Find my safe place

Challenge myself: Plan for my future

Live well: Enjoy my success

ALBERTA ANXIETY TO CALM™ Introduction

Housekeeping

- Each class will have a **Vitality break** about halfway through – this is a chance to refresh yourself – walk around, use the facilities and get some water.
- Bring your **Anxiety journal** each week.

Workshop format

The **program format** is two hours a week for 8 weeks.

Each week begins with a **Check-in and you will have opportunities to practice the skills that will help you to manage your anxiety.** We will end with a **Check-out to set you up for success in the upcoming week.**

Group guidelines

- Please make every effort to attend on time, if you must come late please slip in quietly and take a seat.
- If you are going to be late or miss group, please let one of the coaches know ahead of time. We will ask that you review the material you missed prior to your return if you are absent so that you can participate fully in the next class.
- Being absent for more than 2 sessions out of 8 will result in a request that you rebook into a future group.
- Treat other group members with the same courtesy that you would like to receive.
- Confidentiality – keep information that comes up in group private to the group.
- If there will be someone in the room observing, we will let you know prior to them being in the room.
- The PCN cannot control socialization, but intimate relationships outside of workshops are discouraged.
- Bringing snacks/water is permitted but please dispose of garbage afterwards. Does anyone have any severe food allergies we need to be aware of so we can avoid bringing those items?
- We encourage participation in class, but private conversations are discouraged until break so that you don't miss out on learnings. These conversations can be very distracting to others; we want to be respectful to all participants.
- If you need to leave the room before break, please give us a thumbs up so we know that you are ok. If you are gone for more than 5 minutes, one of us will come to check on you.
- This is a fragrance free facility, so please be mindful of this prior to group to maintain an adequate level of hygiene and avoid wearing fragrances.
- Please turn off all cell phones or put to silence/ vibrate.
- Verbal or physical attacks on the other clients or coaches will not be tolerated in group. Please use your skills to manage angry urges. Anyone who violates this rule will be asked to leave group for that day and will be called to discuss relevant consequences.
- Other: _____
Is there anything else that will help you feel more comfortable or safe in the group?

ALBERTA ANXIETY TO CALM™ Introduction

Fight, flight or freeze

What happens in our bodies when we are exposed to real danger?

How the body reacts	Purpose
Breathing gets faster	To take in more oxygen
More blood to muscles and limbs; muscles tense up	More strength and speed
More blood to brain	Act more instinctively
Heart beats quicker, blood pressure increases, blood sugar increases	More energy
Pupils dilate	See clearer
Sweat	To prevent overheating
Digestion slows down	Not needed in time of fight or flight

We then jump out of the way to **safety** and our bodies return to **normal**.

What happens when our bodies don't return to normal?

Anxiety goes by many names:

- Stressed
- Anxious
- Worried
- Nervous
- Overwhelmed

Fight, flight or freeze misfires

You can be triggered to have the fight or flight response from an emotional memory. You get all the symptoms of fight or flight, but there is no real danger present, so we would say this is a misfiring of your alarm. We will help you fix your alarm.

Week 1

Week 1 skills

Find calm: **Breathing exercises**

Challenge myself: **Capture my best hope**

Live well: **Sleep well**

Skill

Find calm: **Breathing exercises**

Many of our skills are based on breathing. The first skill today is **Breathing exercises**. You can use these when you are feeling anxious and as a regular body maintenance/stress control. It is recommended that you try these 15 times a day.

The 6:2

Slowly inhale through your nose to the count of 6, hold for a count of 2, then let out a nice, slow breath through your mouth.

Peripheral breathing

Pick a focal point to look at. Open your hands and put them out to the side; wiggle your fingertips. Keep your vision focused on that focal point, while allowing your vision to now include your fingertips.

Lean back, clasp hands

With your hands clasped behind your neck, open your elbows toward your shoulders, feeling that space open up in your diaphragm.

ALBERTA ANXIETY TO CALM™ Week 1

Take a few moments to reflect on the following questions.

What did I notice before the [breathing exercises](#)?

What did I notice after?

What did I learn?



ALBERTA ANXIETY TO CALM™ Week 1

You can use the **Calm breathing diary** to reflect on the effect of the breathing exercises you try.

- What do you notice before? (Rate your anxiety on a scale of 1 – 10. **1 is low, 10 is high.**)
- Write the number of breaths you took.
- Rate your anxiety level after the breathing on a scale of 1 – 10.
- Write any comments or thoughts you have related to this experience. What **difference** did it make? What is your **plan to use** these and incorporate them **into your day**?

Day	Anxiety level before (1 – 10)	Number of breaths	Anxiety level after (1 – 10)	Comments/thoughts
1.				
2.				
3.				
4.				
5.				
6.				
7.				

ALBERTA ANXIETY TO CALM™ Week 1

Skill

Challenge myself: Capture my best hope

Imagine 8 weeks in the future. Anxiety is not stopping you from doing your usual activities. That may seem impossible to imagine, but now, take a moment to break it into smaller steps. **Small steps lead to big changes.**

Why am I here?

What is one goal I want to accomplish in the next 8 weeks?

When I am successful, what else will I be able to do?

Keep looking back at this throughout the 8 weeks. It is not uncommon for people to tweak it as they go.

ALBERTA ANXIETY TO CALM™ Week 1

Skill

Live well: Sleep well

Realistic expectations for sleep:

Research shows that people have **different sleep needs** and that you don't have to worry about getting eight hours per night to stay healthy. Sleep needs decrease as we age. The **average person does not fall asleep instantly** and healthy sleepers take 20 – 25 minutes to fall asleep.

Awakening during the night **3 – 4 times** is a **normal** occurrence and only becomes a problem when individuals become alarmed about awakenings and are not easily able to return to sleep.

How can you get a better sleep?

- Avoid napping during the day
- Avoid stimulants close to bedtime
- Exercise regularly; complete your workout at least 2 hours before bedtime
- Avoid food right before sleep
- Seek exposure to natural light during the day
- Establish a regular relaxing bedtime routine
- Avoid activities other than sleep in your bed
- Make sure that the sleep environment is pleasant and relaxing
- A self-directed sleep program is available — talk to us about attending an orientation to see if the program is something you are interested in



ALBERTA ANXIETY TO CALM™ Week 1

Tracking sleep

Tracking information when sleep went well can help you focus on healthy patterns. When you get a better sleep, what's different? You can use a sleep diary, like this one from anxietybc.com to help you track your sleep habits.

Sleep diary

Use this form to keep track of your progress. Each morning, place a checkmark in the box beside the strategies you used the day before and then rate your overall sleep quality for that night.

Sleep strategy	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Comfortable sleep environment							
Relaxation exercise							
Light bedtime snack							
Exercised late afternoon or early evening (but at least 2 hours before bed)							
Followed bedtime routine							
Woke up at set time							
Went to bed when sleepy							
Used bed only for sleep							
Got out of bed if not asleep within 20 – 30 minutes							
Avoided caffeine, alcohol and smoking at least 4 hours before bedtime							
Avoided naps							
Natural light in the morning							
Other strategy (specify)							
Quality of sleep (Rate from 0 – 10): 0 = poor sleep/restless and unsatisfied 10 = no sleep problems/restful and satisfied							

Comments:

ALBERTA ANXIETY TO CALM™ Week 1

Check-out

My plan to practice this week's skills:

Find calm: Breathing exercises. I will practice the breathing exercises _____ times a day. When will I use the breathing exercises?

Challenge myself: Capture my best hope. How will I remind myself and set aside time in my day to make my goal a reality? (e.g., Tell a close friend, post a note on my mirror)

Live well: Sleep well. Use the sleep diary to monitor my sleep habits. I will practice the following good sleep habit:

ALBERTA ANXIETY TO CALM™ Week 1

Notes

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

Week 2

Self check-in

Find calm: When did I use the breathing exercises?

What difference did it make?

Challenge myself: Did I find a way to hold myself accountable to my best hope (e.g., Post it reminder, shared with someone)?

Live well: What good sleep habits did I use?

Week 2 skills

Find calm: Progressive muscle relaxation

Challenge myself: Respond to stress

Live well: Choose to create balance

ALBERTA ANXIETY TO CALM™ Week 2

Skill

Find calm: Progressive muscle relaxation*

Relaxation is a way to **change** the focus of attention for **managing a wandering mind** and the **physical symptoms** that come with anxiety.

What did I notice **before progressive muscle relaxation**?

What did I notice after?

What did I learn?

*If you want a reference back to this skill and many of the others in class, please visit our Red Deer PCN website:
www.reddeerpcn.com



ALBERTA ANXIETY TO CALM™ Week 2

Skill

Challenge myself: Respond to stress

Stress can cause big problems if you do not recognize and respond to it well. It can create or magnify anxiety and deplete your resources to deal with it.

What situations or experiences make me feel stressed?

How does my stress show itself? (use symptoms of stress on the next page to help you identify specific symptoms of stress)

What are my current ways of dealing with stress? Socially? Emotionally? Behaviorally?

What is a time I was proud of how I responded to stress? What was it about that time I feel good about?

Once I am aware, what will I choose to do differently? What is my plan?

What additional tools or support do I need to help me deal with the situation?

Symptoms of stress – Self assessment

Check off any of the following **symptoms of stress** that I have experienced in the last week.

Physical Symptoms

- ☐ Headaches
- ☐ Indigestion
- ☐ Stomach aches
- ☐ Sweaty palms
- ☐ Sleep difficulties
- ☐ Dizziness
- ☐ Back pain
- ☐ Tight neck, shoulders
- ☐ Racing heart
- ☐ Restlessness
- ☐ Tiredness
- ☐ Ringing in ears

Behavioural Symptoms

- ☐ Excess smoking
- ☐ Bossiness
- ☐ Compulsive gum chewing
- ☐ Critical attitude
- ☐ Grinding teeth at night
- ☐ Overuse of alcohol
- ☐ Compulsive eating
- ☐ Inability to get things done

Emotional Symptoms

- ☐ Crying
- ☐ Nervousness, anxiety
- ☐ Boredom, no meaning to things
- ☐ Edginess – ready to explode
- ☐ Feeling powerless to change things
- ☐ Overwhelming feeling of pressure
- ☐ Anger
- ☐ Loneliness
- ☐ Unhappiness for no reason
- ☐ Easily upset

Cognitive Symptoms

- ☐ Trouble thinking clearly
- ☐ Forgetfulness
- ☐ Lack of creativity
- ☐ Memory loss
- ☐ Indecisiveness
- ☐ Thoughts of running away
- ☐ Constant worrying
- ☐ Loss of sense of humour

Spiritual Symptoms

- ☐ Emptiness
- ☐ Loss of meaning
- ☐ Doubt
- ☐ Unforgiving
- ☐ Martyrdom
- ☐ Looking for magic
- ☐ Loss of direction
- ☐ Cynicism
- ☐ Apathy
- ☐ Need to “prove” self

Relational Symptoms

- ☐ Isolation
- ☐ Intolerance
- ☐ Resentment
- ☐ Loneliness
- ☐ Lashing out
- ☐ Hiding
- ☐ Clamming up
- ☐ Lowered sex drive
- ☐ Nagging
- ☐ Distrust
- ☐ Lack of intimacy
- ☐ Using people
- ☐ Fewer contacts with friends

Slowing down to reduce stress

You can use this **acronym** to remind you of the **steps to take** when you notice you are **feeling stressed**.

S – Stop: Be present

T – Take a breath

O – Observe my reactions

P – Proceed: Choose a healthy response

An example to consider: I'm at a social gathering. I look around and see that there are a lot of people I don't know. I'm starting to notice that I'm shaking and about to spill my coffee.

S – Stop!

T – Breathe

O – My neck is tight, my heart is pounding and I'm sweating and shaking

P – I will take a step back, scan the room and see who I know. I will seek that person out and ask, "How is your family doing?"



ALBERTA ANXIETY TO CALM™ Week 2

Skill

Live well: Choose to create balance

A balanced life means having the **time** and **energy** to do the things you **need to do** as well as the **things you want to do**. Make choices that **create balance** when you recognize the **early warning signs** that your **life is not balanced**.

What are my first signs that life is getting out of balance?

Take a few minutes to fill out the balance wheel on the **next page** using the **instructions** on the **wheel**.

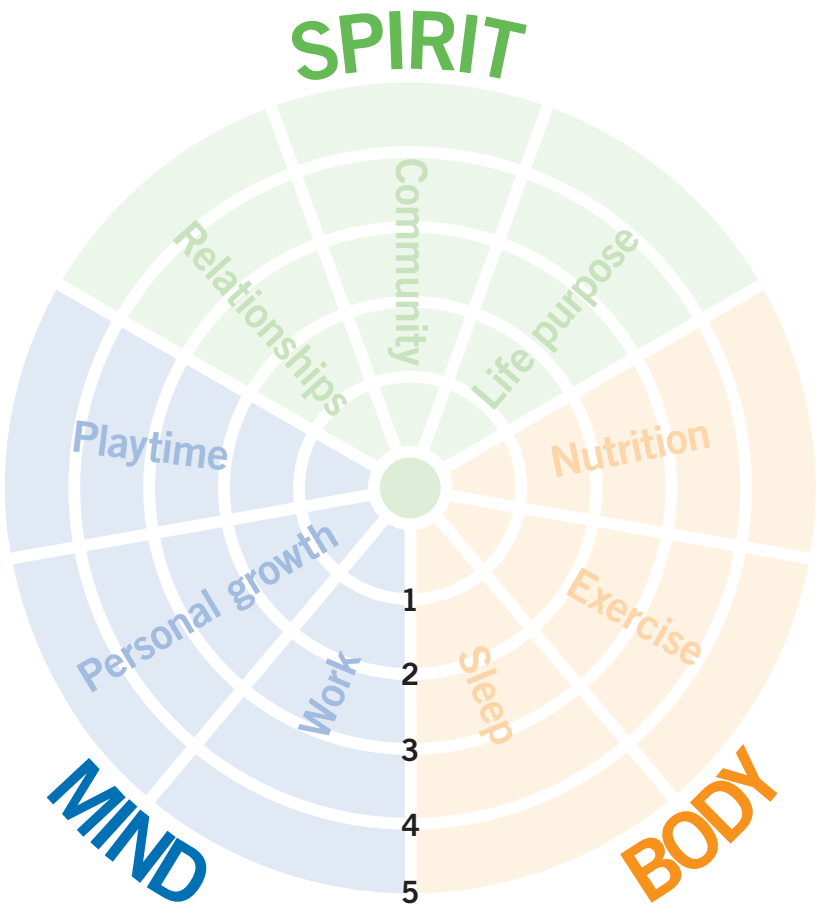


ALBERTA ANXIETY TO CALM™ Week 2

My life balance wheel

This wheel represents the essentials of life balance. Consider how much time and energy you spend in each area of your life. Mark a • for the amount of time and energy you are devoting to each area of your life right now. **1 = low. 5 = high.** Mark an x for the amount you would like to devote. The gaps represent areas where you can make changes to improve your balance.

Your choices reveal your priorities.



What did I learn from doing my balance wheel?

SPIRIT

Relationships

- Family
- Friends
- Pets

Community

- Community projects
- Neighbors
- Colleagues
- Environment

Life purpose

- Faith
- Meditation
- Time in nature
- Good deeds

BODY

Nutrition

- Planning
- Portions
- Balance
- Colour
- Healthy snacks/beverages

Exercise

- Stretch
- Strength
- Heart Health

Sleep

- Getting enough sleep

MIND

Playtime

- Fun/recreation
- Vacations
- Hobbies
- Arts/music/reading

Personal growth

- Dreams
- Challenges
- Life planning
- Lifelong learning

Work

- Career
- Calling
- Paid and unpaid work
- Education

ALBERTA ANXIETY TO CALM™ Week 2

Check-out

My plan to practice this week's skills:

Find calm: Progressive Muscle Relaxation. I will continue to practice Progressive muscle relaxation _____ times a day. When will I use this?

Challenge myself: Respond to stress. How will I respond when stressful situations come up?

Live well: Choose to create balance. What is one small thing I will do to move towards restoring balance in my life?

Week 3

Self check-in

Find calm: When did I use the progressive muscle relaxation?

What difference did it make?

Challenge myself: What did I do differently when a stressful situation came up?

Live well: What did I do to restore some balance to my life?

Week 3 skills

Find calm: Body scan

Challenge myself: Choose new behaviors

Live well: Be active

ALBERTA ANXIETY TO CALM™ Week 3

Skill

Find calm: Body scan

The first skill today is the **body scan**. It is a simple tool to **check through** your **entire body** to notice physical sensations. This can help you gain **awareness** of yourself in the **present moment**.

What did I notice before the **body scan**?

What did I notice after?

What did I learn?



ALBERTA ANXIETY TO CALM™ Week 3

Skill

Challenge myself: Choose new behaviors

We have shown you **three ways** of dealing with anxiety:

- Avoid – back away
- Accept – do nothing/tolerate
- Approach – hit it out of the park

What position do I take when it comes to my anxiety?

What is my anxiety holding me back from doing?

We are now going to look at a tool to help you hit your anxiety **“out of the park”**.



ALBERTA ANXIETY TO CALM™ Week 3

Fear ladder

Fill in the following chart as we work through an example in class.

What is my goal?

Step	Action First step I can manage?	Fear rating 0 – 10	How: Plan/skills/self care
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

ALBERTA ANXIETY TO CALM™ Week 3

To fill in your own fear ladder:

- Identify your goal.
- Pick your first step that has a fear rating of 1 – 3 (**0 = no fear; 10 = tons of fear**).
- Continue to build steps until you would be able to complete your goal.
- You will likely revise your steps based on what you find after your experience.
- To reach success, pick steps you can tolerate and achieve.
- What do you need to be successful? Fill in the final column (How: Plans/skills/self-care).
- Know that this will be uncomfortable. It is part of fixing your alarm. The brain and body need to learn from having a new experience related to what you are anxious about.

What is my goal?

Step	Action First step I can manage?	Fear rating 0 – 10	How: Plan/skills/self-care
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Fear log

Fill in the following chart as we work through an example in class.

Date	What fear am I facing?	Fear at start	Fear at end	Duration of exposure	What did I learn?

ALBERTA ANXIETY TO CALM™ Week 3

Fear log

Use your fear log as a way to **track** your **experience**. Fill in this chart as a reflection after you complete the steps on your fear ladder. Fear at the **start** and the **end** is on a scale of 0 – 10 (**0 is none and 10 is high**).

Date	What fear am I facing?	Fear at start	Fear at end	Duration of exposure	What did I learn?

Skill

Live well: Be active

Regular physical activity decreases:

- **Symptoms of depression:** 30 minutes of exercise 3 times a week can be as effective as taking an antidepressant
- **Anxiety levels:** 5 minutes of exercise can be enough to decrease an anxiety episode

Regular physical activity increases:

- Mood
- Energy
- Coping
- Attention, focus and productivity
- Self-esteem and self-confidence
- Group activities improve mood, social connections and health.

What is my current activity level?

When I do exercise, what do I notice about myself?

Does anything get in the way of me being active?

What can I do to make being active a regular part of my routine of self-care?

ALBERTA ANXIETY TO CALM™ Week 3

Check-out

My plan to practice this week's skills:

Find calm: Body scan. I will continue to practice the body scan _____ times a day. When will I use this?

Challenge myself: Choose new behaviors. Start my fear ladder. I will work on:

Live well: Choose to be active. What is one small thing I will do to be more active this week?

ALBERTA ANXIETY TO CALM™ Week 3

Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 4

Self check-in

Find calm: When did I use the body scan?

What difference did it make?

Challenge myself: What did I learn from using my fear ladder?

Live well: What did I do to be more active?

Week 4 skills

Find calm: Discover guided imagery

Challenge myself: Challenge my thoughts

Live well: Choose to eat well

ALBERTA ANXIETY TO CALM™ Week 4

Skill

Find calm: Discover guided imagery

Guided imagery is a use of relaxation and mental visualization to improve mood and/or physical wellbeing.

- Use any time you have a few quiet moments to focus.
- Can give a sense of empowerment and control.

What did I notice before the guided imagery?

What did I notice after?

What did I learn?



ALBERTA ANXIETY TO CALM™ Week 4

Skill

Challenge myself: Challenge my thoughts

Thinking traps are ways of thinking that fail to reflect the facts or whole view of a situation. Fill in the following chart with your own examples after the group exercise.

Date	What fear am I facing?
Fortune-telling You predict that things will turn out badly.	
All or nothing thinking You look at things in absolute, black and white categories.	
Mind-reading You assume that people are reacting negatively to you.	
Over-generalization You view a single negative event as a never ending pattern of defeat.	
Labeling You use a single negative word to describe yourself.	
Mental filtering You dwell on the negatives while ignoring all the positives.	
Catastrophizing You blow things way out of proportion.	
Should statements You have an expectation about how to feel and behave.	
Blame Self-blame – You blame yourself for something you are not entirely responsible for. Other blame – You blame others and overlook ways you contributed to the problem.	
Emotional reasoning You reason from your feelings.	

Adapted by J. Tilbury from @anxietybc.com and David Burns

Realistic thinking – How to challenge thinking traps

Now that you have an idea of what the **Ten thinking traps** are we are going to help you experience **realistic thinking**.

Realistic thinking is looking at **all aspects of the situation** (positive, negative and neutral) before making conclusions. In other words, realistic thinking means looking at **yourself**, **others**, and the **world** in a more **balanced** and **fair** way.

The spectrum below is a way to map out or show all possibilities.



Upsetting situation:

Anxiety level (circle one): 1 2 3 4 5 6 7 8 9 10 (1 is low; 10 is high)

1. **IDENTIFY** the thought. What's the trap?

2. **QUESTION** the thought. Why is this not realistic? Is this an accurate appraisal of the situation?

ALBERTA ANXIETY TO CALM™ Week 4

3. **CHALLENGE** the thought and change it toward more neutral or positive thinking.

What is the evidence that this thought is true or not true?

What are all the possibilities?

What is the big picture?

Anxiety level (circle one): 1 2 3 4 5 6 7 8 9 10 (1 is low; 10 is high)



Realistic thinking – How to challenge thinking traps



Negative

Neutral

Positive

Upsetting situation:

Anxiety level (circle one): 1 2 3 4 5 6 7 8 9 10 (1 is low; 10 is high)

1. **IDENTIFY** the thought. What's the trap?

2. **QUESTION** the thought. Why is this not realistic? Is this an accurate appraisal of the situation?

3. **CHALLENGE** the thought and change it toward more neutral or positive thinking.

What is the evidence that this thought is true or not true?

What are all the possibilities?

What is the big picture?

Anxiety level (circle one): 1 2 3 4 5 6 7 8 9 10 (1 is low; 10 is high)

ALBERTA ANXIETY TO CALM™ Week 4

Skill

Live well: Choose to eat well

Eating well is another aspect of **self-care** that we want to look at. Eating patterns can affect our **mental wellbeing** and our **mood**. When we look after ourselves by eating well, we **fuel ourselves, prepare** our bodies to deal with what lies ahead and give **strength** to the other tools we have for managing our anxiety.

Examples of healthy eating habits:

- I eat 3 meals every day.
- I choose snacks that are from Canada's food guide.
- I plan treats 1 or 2 times a week.
- I take charge with a meal plan of 10 healthy recipes I love.
- I plan meals and shop with a list.
- I/we sit at the table and enjoy eating together.
- I prepare fruits and vegetables for eating right after grocery shopping.
- I make up healthy snack bags ahead of time for grab and go.
- I drink water as my main beverage.
- I am working on eating out less often.

What do I like about my eating habits? Check off which of the healthy habits above apply to me.

Do I have any eating habits I would like to change?

What do I notice when my eating is healthier?

Does anything get in my way of eating healthier?

Check-out

My plan to practice this week's skills:

Find calm: Discover guided imagery. I will continue to practice guided imagery _____ times a day. When will I use this?

Challenge myself: Challenge my thoughts. I will focus on _____ thinking trap in the next week. How will I challenge this thinking trap?

Live well: Choose to eat well. What is one small thing I will do to eat healthier?

Week 5

Self check-in

Find calm: When did I use the guided imagery?

What difference did it make?

Challenge myself: What did I notice as I challenge my thinking?

Live well: What did I do to eat healthier this week?

Week 5 skills

Find calm: Discover the benefits of loving kindness

Challenge myself: Challenge my beliefs

Live well: Build support

Skill

Find calm: Discover the benefits of loving kindness

Often, people who experience anxiety are critical and hard on themselves. We need to learn how to practice **kindness** and **compassion**.

- Antidote to perfectionism i.e. “I must be perfect”
- Compassionate and forgiving to self and others
- Generates positive emotion

What did I notice before the **loving kindness meditation**?

What did I notice after?

What did I learn?

Skill

Challenge myself: Challenge my beliefs

Core beliefs are **deep seated powerful beliefs** we hold about **ourselves, others, and the world**.

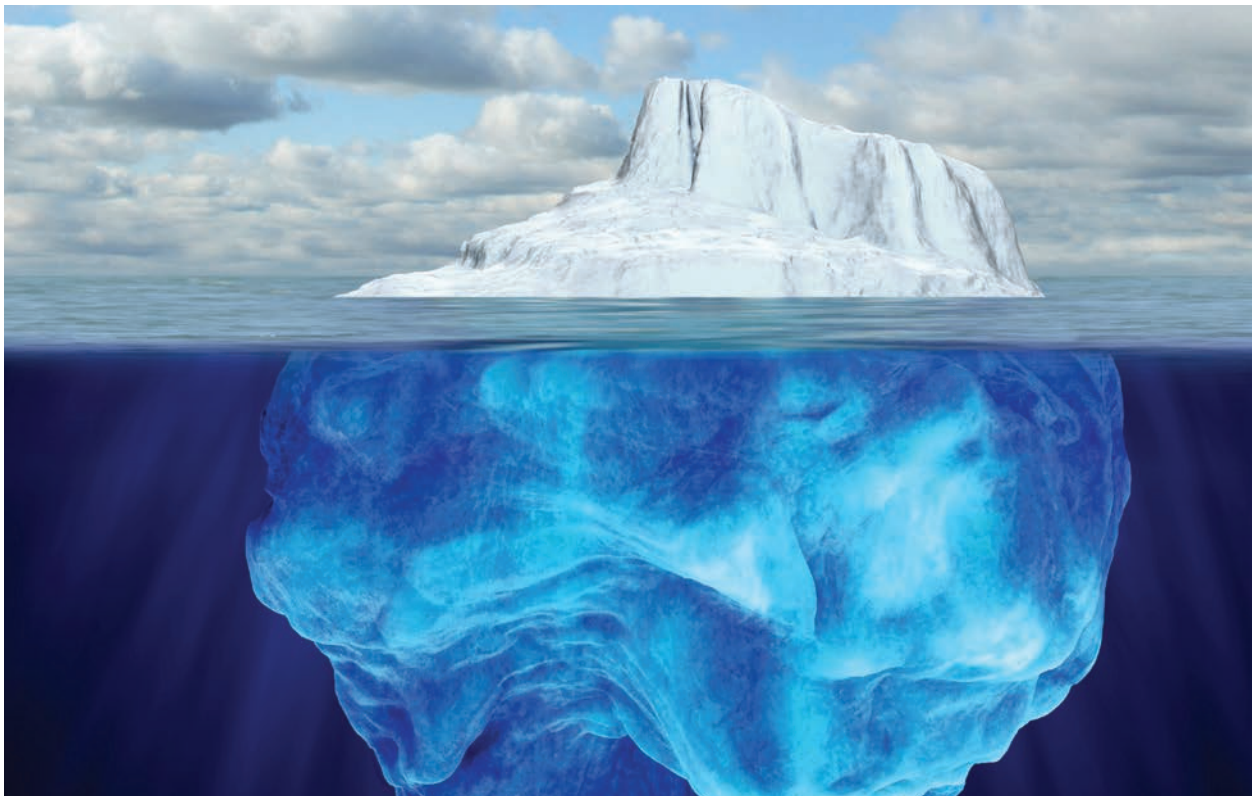
They can come from our **past experiences** or **family messages**.

They feed our **behaviors, interpretations, and thoughts**.

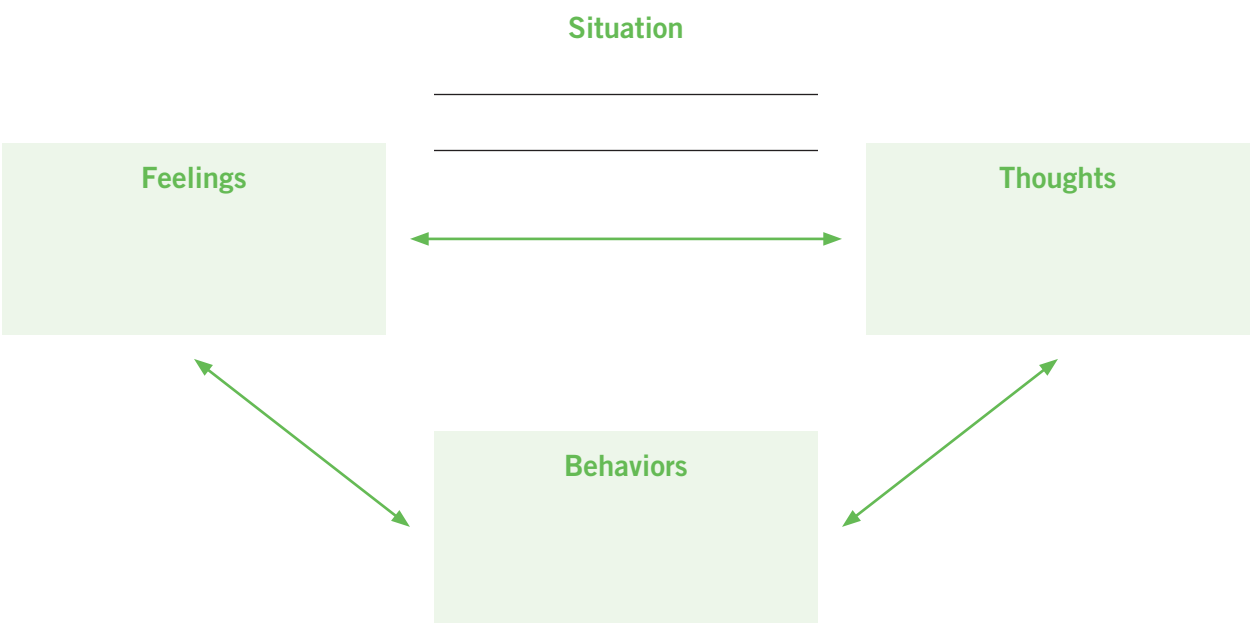
- How do I know if it is a core belief?
 - **MOST** days I may believe this about myself or the world.

As you work through the next activity to uncover **your own core beliefs**:

- Think of a situation where you felt **distressed**.
- How does it make you **feel**? What are your **thoughts** and what are your **behaviors**?
- Ask yourself, **“What does that mean?”** and **“Why is that upsetting to me?”** Continue to ask these two questions until you uncover the **core belief** underlying it all.
- What is the underlying **core belief**?



Challenge my core beliefs



What does that mean? Why is that upsetting to me? ▼

What does that mean? Why is that upsetting to me? ▼

What does that mean? Why is that upsetting to me? ▼

What does that mean? Why is that upsetting to me? ▼

ALBERTA ANXIETY TO CALM™ Week 5

When working on changing core beliefs consider:

Identified core belief

Does this core belief support my wellbeing?

Reflect on the core belief's:

Advantages

Disadvantages

Do the disadvantages outweigh the advantages, motivating me to make changes?

Would I lose all the benefits of the core belief by challenging the belief?

ALBERTA ANXIETY TO CALM™ Week 5

Gather evidence

What previous experiences demonstrate that this belief is not completely true all of the time? Look for things already in your world that dispute the unhelpful core belief (e.g., survey a friend).

What can I do as an experiment to test the validity of this belief? What am I expecting? What happened? What did I learn?

How will I continue to develop a balanced core belief in the next 6 – 12 months?

What would be a more balanced belief?

If I really believed my balanced belief, what would be different?

What can I do for self-care before, during and after challenging my belief?

Physical:

Emotional:

Spiritual:

Relational:

Skill

Live well: Build support

Sometimes we think of anxiety as **only our problem** when it really **affects others** as well. Consider how to include others who love and support us as part of the healthy changes we are making.

Helpful support

Unhelpful support

My role

ALBERTA ANXIETY TO CALM™ Week 5

Specifically, what do I need from others to support me in reaching my goals?

Partner

Friends

Family

Coworkers/boss

Children

ALBERTA ANXIETY TO CALM™ Week 5

Check-out

My plan to practice this week's skills:

Find calm: Discover the benefits of loving kindness. I will continue to use the loving kindness meditation _____ times a day. When will I use this?

Challenge myself: Challenge my beliefs. I will:

Live well: Build support. What is one small thing I will do to express my needs to others?

ALBERTA ANXIETY TO CALM™ Week 5

Notes

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Week 6

Self check-in

Find Calm: When did I use the loving kindness meditation?

What difference did it make?

Challenge Myself: What did I notice as I challenge my beliefs?

Live Well: What did I do to build support this week?

Week 6 skills

Find calm: Three minute breathing space

Challenge myself: Honour my emotions

Live well: Use music to influence my mood

Skill

Find calm: Three minute breathing space

The first skill is the **three minute breathing space**. Have you ever caught yourself being too busy thinking about the past or worrying about the future — **not being present in the moment?**

For example, think about the last time you took a shower — **were you present?** Did you notice how the water felt on your neck? Your toes? The warmth? The peace? Or were you fretting about your day?

Mindfulness practice:

- Paying attention to the present moment
- On purpose
- Non-judgementally, curiously

“You can’t stop the waves, but you can learn to surf” - Kabat-Zinn 2004

To practice the Three minute breathing space without a recording, use these instructions:

- **First minute:** focus on here and now, your mood, emotions and thoughts. Don’t try and change anything, just notice.
- **Second minute:** move your awareness to your breath. Focus on breathing into your abdomen. If your mind wanders acknowledge where it went and gently guide it back to your breath.
- **Third minute:** notice your breath moving through your entire body. Wiggle your fingers and toes. Open your eyes and bring your attention back to the here and now. Continue on with your day.

What did I notice before the three minute breathing space?

What did I notice after?

What did I learn?

Skill

Challenge myself: Honour my emotions

Ignoring, burying or denying our emotions can cause anxiety. For example, you can feel stressed, lonely and abandoned and have panic attacks every night when these emotions are most intense.

How my car works:

- When the check engine light comes on, what do you do? Smash it? Ignore it?
- What are the consequences? Cost? Time? Breakdown?
- Dashboard indicators are like your emotions, when you ignore them, sometimes your “car” blows up....

The top three emotions that cause anxiety: **sadness**, **anger** and **fear**.

How do I define **sadness**?

What does my body feel like when I'm sad?

How do I behave?

How do I define **anger**?

What does my body feel like when I'm angry?

How do I behave?

ALBERTA ANXIETY TO CALM™ Week 6

How do I define being **scared**?

What does my body feel like when I'm scared?

How do I behave?

Emotions can give us **direction**. They can often point to something that **needs to be dealt with** or resolved.

Emotions need to be **specific** to **give us direction**. Example “something’s wrong” vs. overheated, out of gas, battery dead.

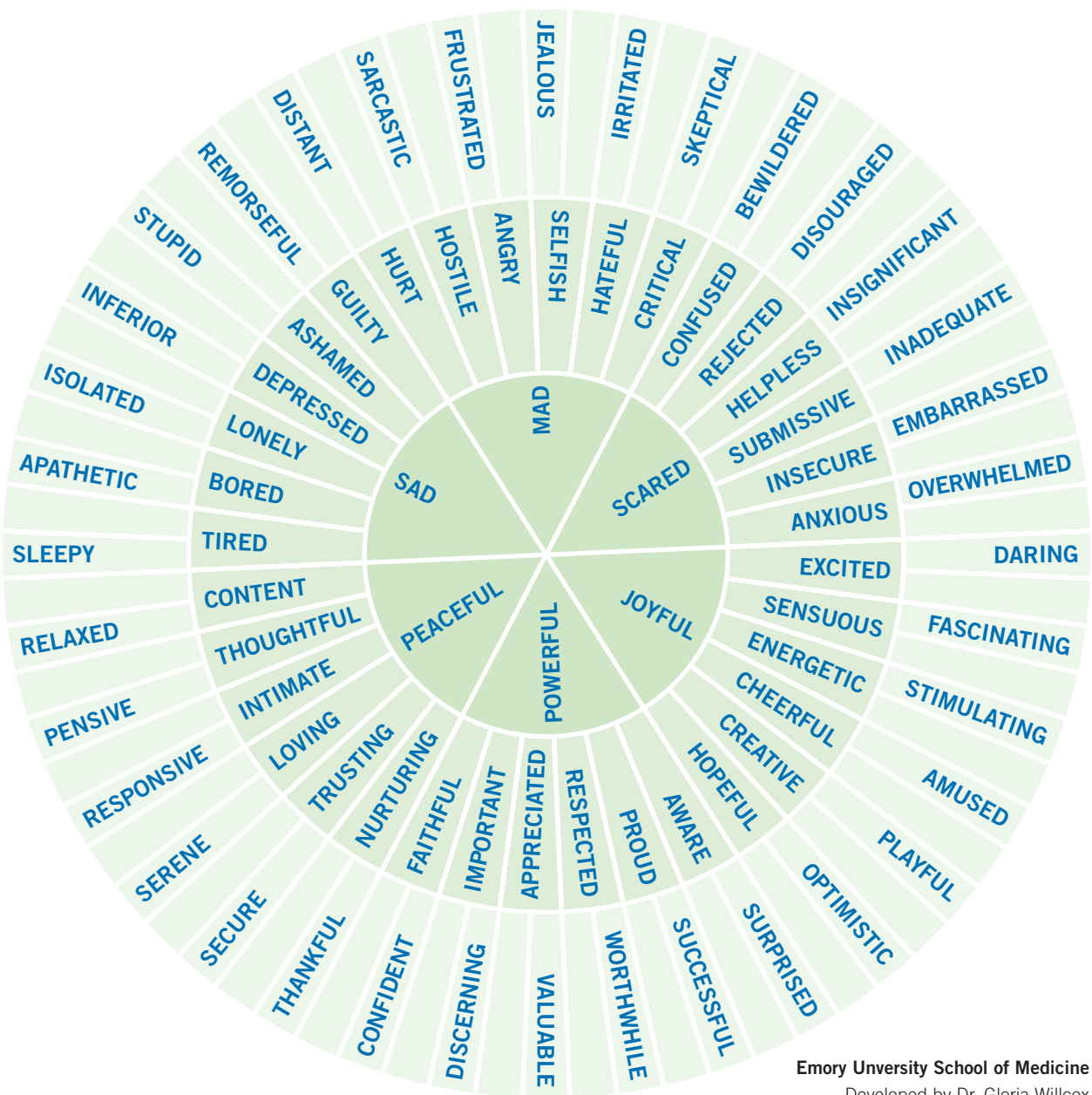
Emotion example: “I feel mad” vs. “I feel irritated”

We need to **respond** to our emotions, not run from them, or try to force them to go away or change. These emotions can bubble up in the form of anxiety. **Being specific** about what **emotion** we are feeling can help us **decide what to do**.

ALBERTA ANXIETY TO CALM™ Week 6

We encourage you to be specific by going **beyond** the typical six emotions listed in the centre of the wheel. Use this **Feelings wheel** to help you **give your feelings a name** and decide how **intense** they are.

Feelings wheel



Emory University School of Medicine
Developed by Dr. Gloria Willcox
P.O. Box 48363 St. Petersburg, FL 33743

ALBERTA ANXIETY TO CALM™ Week 6

Let's practice:

Think of a situation that happened in the last week where **you felt an emotion**. Write it in **column 1**.

Write down what emotion you felt in the **second column**. Use your **Feelings wheel** to identify the specific emotion you felt (be more specific than happy, sad, etc.)

In the **third column**, try to identify a time in the past when you have coped well with this situation.

In the **last column**, try to identify a plan or action you could take to work through the problem.

The **last column** does not apply in every situation (for example, if you spill your tray in the food court at the mall, you might feel humiliated... but there is no identifiable action).

Acceptance:

Sometimes the action we take doesn't **help the emotion**, there is **no action that needs to be taken or the emotion can't be helped**. In these times, it is important to accept the emotion and allow ourselves to feel it. **Learning about your emotions is a skill that is developed over time.**

Emotional Awareness

Situation	Emotion	When in the past have I coped with this feeling?	What plan/action can I take to work through this problem?
E.g.: Planned to go to movie with sister. She cancelled half hour before going in order to help out a friend	<ul style="list-style-type: none">• Sad• Lonely	When I called a friend and talked on the phone after being stood up for a blind date.	<ul style="list-style-type: none">• I can call a friend and see if they can go• Call a friend just to connect

Skill

Live well: Use music to influence my mood

Music can affect mood.

Listen to the music medley in class and jot down your reaction as you listen to each genre.

Type of Music	My reaction
Jazz	
Hip Hop	
Rock	
Folk	
Soul	
Electronic Dance	
Blues	
Classical	
Reggae	
Gospel	
Country	

Type of Music	My reaction
Musical	
World	
Disco	
March	
R&B	
Film Score	
Latin	
Children's	
Funk	
Pop	
New Age	

How do I currently use music to influence my mood?

What difference does it make?

ALBERTA ANXIETY TO CALM™ Week 6

Check-out

My plan to practice this week's skills:

Find calm: Three minute breathing space. I will continue to use the three minute breathing space _____ times a day. When will I use this?

Challenge myself: Honour my emotions. I will work on:

Live well: Use music to influence my mood. How will I use music this week to influence my mood?

Week 7

Self check-in

Find calm: When did I use the three minute breathing space?

What difference did it make?

Challenge myself: What did I work on? What did I notice as I honoured my emotions?

Live well: What did I do with music to influence my mood?

Week 7 skills

Find calm: Learn to daydream

Challenge myself: Challenge my worry

Live well: Find a pleasurable experience

ALBERTA ANXIETY TO CALM™ Week 7

Skill

Find calm: Learn to daydream

A way to use your **imagination** to create for yourself a **state of mind** that is **peaceful, relaxing, restful,** and **refreshing**.

What did I notice before the **daydreaming experience**?

What did I notice after?

What did I learn?



ALBERTA ANXIETY TO CALM™ Week 7

Skill

Challenge myself: Challenge my worry

As most of you know already, worry is a huge part of anxiety.

When is worrying helpful?

When is it unhelpful?

These are two ways people with anxiety frequently **cope with worry**.

- **THOUGHT CONTROL:** stopping worry time is difficult as our brain worries about what we are trying not to think about.

***Example:** White polar bear – don't think about one for two minutes. Sometimes this works, sometimes it doesn't.*

- **AVOIDANCE:** can often create more problems as you fail to problem solve and respond to the situation effectively.

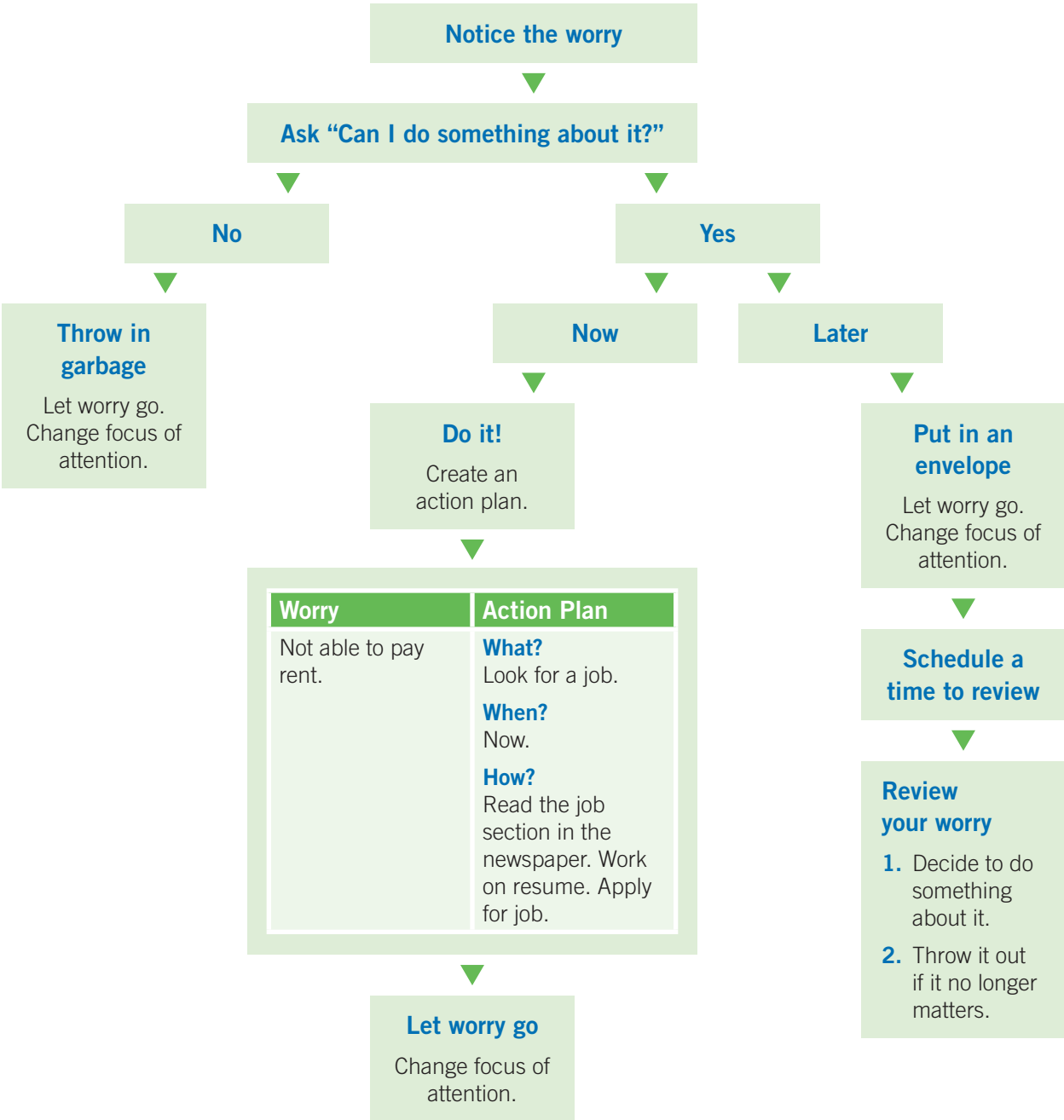
***Example:** Deadline at work; won't meet with boss instead of approaching and solving. The person misses deadline and consequences occur. **OR** you have the oil light come on in your car and you keep driving. It ends up costing you more.*

These can be autopilot defenses.

There is something else we can do. **There are options.**



The worry tree



The worry tree

Worry can come to your awareness with a **thought**, **physical symptoms** or **anxiety symptoms**. The tool we are about to work through will help you to **decide what to do with your worry** with the end result of it causing **less physical or anxiety symptoms**.

Instructions

Write **ten worries** down on the strips of paper provided to you.

Sort them into **two piles**:

- **No** I can't do anything about it **OR**
- **Yes** I can do something about it.
- The **no** pile – these are things you have no control over-take those pieces of paper and **throw them in the garbage**.

Take your **yes** pile. These are worries you have control over. Sort the pieces into **two more piles**:

- If you can do something about it **now** create an **action plan**. We will do this in a few minutes.
- If you can do something about it **later** put it in the **envelope**.
- **Later**, put a date on the calendar for when you will review the envelope again. Tell yourself, **“for today, this is back in the envelope.”** It may be that when you next look at it, that worry will already be taken care of.
- Sometimes, putting it back in the envelope isn't enough. Here are a few suggestions:
 1. Let your worry go through **relaxation**. Which one(s) would you use?
 2. **Acceptance**: “There's nothing I can do today to prepare for that” or “I know that's coming but for now I have to work on...”
 3. Identify **thinking trap**. Use my thought log.
 4. Other ideas?

ALBERTA ANXIETY TO CALM™ Week 7

Action plan

This should be **very specific**. Make **choices** that **you have the most influence over**. In the example on the worry tree, you may not have full control over getting a job, so once you have applied, you might have to look at other avenues for money, such as getting a roommate, selling something or getting help like social assistance.

Take a few minutes to work on an action plan on your worksheet for one or two of the worries that you can do something about now. If you can't come up with something specific, it tells you about what category it falls into.

Action plan

Situation	Action (if any)
1.	What
	When
	How
2.	What
	When
	How
3.	What
	When
	How
4.	What
	When
	How
5.	What
	When
	How

ALBERTA ANXIETY TO CALM™ Week 7

Skill

Live well: Find a pleasurable experience

"Research has shown that more frequent simple pleasures actually provide greater enjoyment than occasional spectacular ones."

- Anxiety and Depression Workbook For Dummies, Charles Elliot and Laura Smith

Pleasure means different things to different people. **What does it mean to you? Write down some words or phrases that describe your definition of pleasure.**

Find a pleasurable experience

Connect with your senses

- What you can hear?
- What you can smell?
- What you can feel?
- What you can see?
- What can you taste?

What did I find pleasurable?

What did I learn?

ALBERTA ANXIETY TO CALM™ Week 7

Check-out

My plan to practice this week's skills:

Find calm: Learn to daydream. I will continue to use daydreaming _____ times a day. When will I use this?

Challenge myself: Challenge my worry. I will work on my worry action plan and/or letting go of worries that aren't in my control.

Live well: Find pleasure. This week how can I add a pleasure experience to my daily routine?

Week 8

Self check-in

Find calm: When did I use daydreaming?

What difference did it make?

Challenge myself: Am I managing my worries any differently?

Live well: How did I do use pleasure this week to influence my mood?

Week 8 skills

Find calm: Find my safe place

Challenge myself: Plan for my future

Live well: Enjoy my success

ALBERTA ANXIETY TO CALM™ Week 8

Skill

Find calm: Find my safe place

Find my safe place is a **guided imagery practice** that helps you to **self-soothe** and **create safety** whenever you need it.

What did I notice before **finding my safe place**?

What did I notice after?

What did I learn?

What is one word to call my safe place?



Skill

Challenge myself: Plan for my future

How will I do that?

In our early weeks, we learned that **anxiety** has some **positive functions** and it doesn't necessarily mean there is **something wrong**. It is a **signal** that you **need to pay attention to**. These tools you have experienced are just the beginning. Figure out which ones **work the best** and **continue to practice them**.

You can **write** your **favourite** or most effective tools or skills in the **circles** on **page 68**.

We will **recap each area** and give you time to write in each circle.

Eight tools for finding calm

- Breathing exercises
- Progressive muscle relaxation
- Body scan
- Guided imagery
- Loving kindness meditation
- Three minute breathing space
- Learn to daydream
- Find my safe place

Eight tools for living well

- Sleep well
- Create balance
- Be active
- Eat well
- Build support
- Music to influence mood
- Find a pleasurable experience
- Enjoy my success

Eight tools to challenge yourself

- Capture my best hope
- Respond to stress
- Choose new behaviors (fear ladder)
- Challenge my thoughts (thinking traps)
- Challenge my beliefs (core beliefs)
- Honour my emotions (feelings wheel)
- Challenge my worry (worry tree)
- Plan for my future (wellness toolkit)



ALBERTA ANXIETY TO CALM™ Week 8

As life changes it's important to re-evaluate where you are and what you need. **Your recipe for success won't always stay the same.**

What is my specific plan to use my favourite skills?

When priorities **change** or you **adapt**, you need to refresh or **change the tool/skill**. How will I **refresh** my skills when **life changes** or I notice I have **adapted** to them? How will I get new **skills** when I need them?

Questions you can ask yourself on an ongoing basis:

Am I using my toolkit?

Have I adapted?

Am I facing more stress or change?

Do I have realistic expectations?

The key is to keep **practicing and tweaking the skills** to make them work in the way that's best for you.

ALBERTA ANXIETY TO CALM™ Week 8

Skill

Live well: Enjoy my success

You have worked hard and developed tools and skills in many areas over these 8 weeks.

What have I been able to accomplish in these 8 weeks?

What am I most proud of?

Review page 8. Now what else am I looking forward to doing?



ALBERTA ANXIETY TO CALM™ Week 8

Check-out

My plan to practice this week's skills:

Find calm: Find my safe place. I will continue to use find my safe place guided imagery _____ times a day.
When will I use this?

Challenge myself: Plan for my future. I will use the following skills moving forward:

Live well: Enjoy my success. How will I celebrate my success(es) from these 8 weeks?

Congratulations on completing eight weeks. Now go out and live!

ALBERTA ANXIETY TO CALM™ Resources

Apps

Think full: Apple

MindShift: Apple and android

Websites

www.anxietybc.com Promotes awareness of anxiety disorders and provides resources.

www.anxieties.com Self-help for anxiety. Dr. Reid Wilson.

www.dontpaniclive.com Self-help forms from Dr. Reid Wilson's book by the same name.

www.reddeerpcn.com Look under Groups ► Anxiety to Calm for the PCN relaxation CD.

ALBERTA ANXIETY TO CALM™ Questionnaires

Burns Anxiety Inventory – Week 8

Name		Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female
Date	Date of birth (MM/DD/YYYY)	

Instructions: Indicate how much each of the following 33 symptoms has been bothering you in the past several days, by marking the box that applies to you.

	0 NOT AT ALL	1 SOMEWHAT	2 MODERATELY	3 A LOT
CATEGORY I: ANXIOUS FEELINGS				
1. Anxiety, nervousness, worry or fear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Feeling things around you are strange or foggy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Feeling detached from all or part of your body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Sudden unexpected panic spells	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Apprehension or a sense of impending doom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Feeling tense, stress, “uptight” or on edge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CATEGORY II: ANXIOUS THOUGHTS				
7. Difficulty concentrating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Racing thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Frightening fantasies or daydreams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Feeling on the verge of losing control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Fears of cracking up or going crazy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Fears of fainting or passing out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Fears of illnesses, heart attacks or dying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Fears of looking foolish in front of others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Fears of being alone, isolated or abandoned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Fears of criticism or disapproval	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Fears that something terrible will happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continued on page 74 ➤

ALBERTA ANXIETY TO CALM™ Questionnaires

	0 NOT AT ALL	1 SOMEWHAT	2 MODERATELY	3 A LOT
CATEGORY III: PHYSICAL SYMPTOMS				
18. Skipping, racing or pounding of the heart	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Pain, pressure or tightness in the chest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Tingling or numbness in the toes or fingers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Butterflies or discomfort in the stomach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Constipation or diarrhea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Restlessness or jumpiness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Tight, tense muscles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Sweating not brought on by heat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. A lump in the throat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Trembling or shaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Rubbery or “jelly” legs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Feeling dizzy, lightheaded or off balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. Choking or smothering sensations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Headaches or pains in the neck or back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Hot flashes or cold chills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Feeling tired, weak or easily exhausted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

We are collecting this information according to the requirements specified in the Health Information Act of Alberta, sections 27 (1)(a), (g)

© David. D. Burns, 1984

ALBERTA ANXIETY TO CALM™ Questionnaires

Participant evaluation – Week 8

Date

We welcome your feedback about the **Alberta Anxiety to Calm™** program and are interested in your experience with the program. Thank you for your time in completing these questions.

About the program

	Very dissatisfied	Dissatisfied	Satisfied	Very satisfied
1. Please check the box that reflects your overall satisfaction in taking Alberta Anxiety to Calm™	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Please check the best answer about the Alberta Anxiety to Calm™ program:	Strongly disagree	Disagree	Agree	Strongly agree
a. The program content was relevant to my needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. The program was easy to understand and follow.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. The program provided opportunities to learn and practice skills to manage my anxiety.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. The program provided a good mix between listening and group activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. The Anxiety workbook is a useful reference in practicing anxiety management skills.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. I am confident I can use the skills learned in my daily life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. The workshop environment felt safe and non-judgmental.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. The instructors were knowledgeable and prepared.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ALBERTA ANXIETY TO CALM™ Questionnaires

3. What was most helpful about this program?

4. What was least helpful about this program?

Personal changes

	Least Most									
5. On a scale of 1– 10, how distressed did you feel prior to your first Alberta Anxiety to Calm™ group class?	1	2	3	4	5	6	7	8	9	10
6. On a scale of 1 – 10, how distressed did you feel after your last Alberta Anxiety to Calm™ group class?	1	2	3	4	5	6	7	8	9	10

7. Which three Anxiety management techniques do you intend to use regularly?

About you

8. Are you? ☐ Male ☐ Female

9. Age: ☐ 18-24 ☐ 25-44 ☐ 45-64 ☐ 65+

Thank you for completing this survey!

