

Reflect on Feelings to Reduce Anxiety

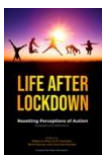
Excerpt from *It's Time to Shine Young Adults* by Jennifer M. Schmidt

Journal and reflect on how you are feeling and what you can and cannot control.

Just as the pandemic proved to be especially challenging for many reasons, integrating back into “normalcy” can be challenging, too. For example, for people with social anxiety or cleanliness phobias that are sometimes comorbid with anxiety, the idea of being thrust back into the world around others and their germs is likely difficult, especially after a year where so much emphasis was placed on distancing and disinfecting. Journaling and reflecting on things that you can and cannot control is a way to acknowledge these feelings and work through fears that might come with stepping back into the world.

Reflecting can help create concrete action items for things we can control and helps us let go of things we cannot control. Below is an example template from our book, *Yes, Please Tell Me* (Schmidt and Barrett 2021). Below each box, answer the journal prompt and “dump” all of your worries and associated thoughts and feelings in the space provided. Remember, feelings are not wrong or right, they just are feelings. This is a safe place to get worries out of your mind and create a plan to deal with them.

Write your worries here . . .	How does this worry make you feel?	Is this worry a <u>Can</u> or <u>Can't</u> control for you?	If you <u>Can</u> control it, what will you do about it, starting right now?	If you <u>Can't</u> control it, what calming strategy will you use to overcome this thought?
I am worried about . . .	I'm feeling . . .	<input type="checkbox"/> I Can Control <input type="checkbox"/> I Can't Control	I can control this by . . .	I can't control this and need to . . .



<https://www.amazon.com/Life-After-Lockdown-Resetting-Perceptions/dp/1956110038>