

Chapter 1 : Things People With Anxiety Want Their Friends to Know | The Mighty

The first, 'Making Friends with Anxiety' () is a warm, supportive little book to help ease worry and panic, and its success led Sarah to pen a follow-up, 'More Making Friends with Anxiety' which focuses on gentle activities that can help ease stress, and 'Making Friends with Anxiety: A Calming Colouring Book' which is illustrated by Jules.

For friends and family of those living with anxiety, this can represent a serious challenge. Like a disease, anxiety is something that needs special treatment. Living With Anxiety You need to realize that anxiety disorders are not like normal anxiety. Self-Sustaining Nature of Anxiety The first thing to understand is that anxiety itself is self-sustaining. It causes problems with your mind and body that make it more likely to experience further anxiety. For example, anxiety leads to more negative thinking, which then precipitates Anxiety can have physical manifestations, such as hyperventilation, sweating, nausea, etc. Anxiety also creates hypersensitivity, which is a mental response that makes people more prone to noticing those physical symptoms and letting it affect them. If anxiety were just nervousness and sweating, anxiety disorders may not be considered as serious. But anxiety is so much more than that, and the longer you live with anxiety the more prevalent these symptoms can get. Fearing Anxiety Anxiety can also cause people to fear the anxiety itself, which unfortunately affects other areas of their life. So when someone starts to fear their own anxiety and its symptoms, they may also develop new anxieties, or find more situations to provoke anxiety. Did you know that one of the symptoms of a panic attack is a feeling of imminent death or doom, combined with intense physical symptoms that are nearly identical to heart attacks? Note that every person is different and has different needs. There are some people who want to talk about their anxieties, and there are others who may have never mentioned it. However, this can be a helpful guide. DO let this person know that they can talk to you about it openly, without any fear of judgment. DO spend time with them as much as possible. You being around them is a bigger help than you realize. In fact, they may not realize it either. But time spent with others makes it harder to think about their anxieties, and that makes a difference. This is a tricky one - while you want to be there to talk about it, there are some anxieties, like panic attacks, that can be triggered by thinking about it. In other words, if you ask someone "how are your panic attacks? Let them bring it up with you. DO tell them to call you anytime, anywhere. Talking on the phone and knowing someone is there to pick up can actually be incredibly comforting to someone that is trying to control their anxiety. Anxiety can make people feel lost and alone. Knowing that someone is a phone call away reduces that feeling. Make sure that you are working on your own stress and anxiety, because the way you feel can have an effect on the way others feel, especially as you spend more and more time again. Anxiety can make people irritable. Ideally, try your best to be forgiving. Unfortunately, controlling anxiety does take time. Those that try to cure it too fast often find they have setbacks that are sometimes worse than the initial anxiety. Try to be outdoors. Exercise itself is a remedy for anxiety, and creating new memories can help people cope with some of the stresses of life. So try your best to get out and do things together. It can be hard, but you have to remember that those with anxiety often struggle to get out of their own head. They take over their mind and their memories. If you push them too hard to get more attention or get them out of their bubble, they may withdraw further. DO be proud of them when they improve. Thus making sure to highlight your positive emotions and your pride - and actually being happy when you see recovery while avoiding feeling frustrated during setbacks - can be very valuable. Anxiety is a treatable condition. You are close for a reason. Be positive, have fun, and be the person that your friends or family member loves. Dealing with anxiety is an uphill battle, and it does take a toll on others around them. Anxiety can strain relationships, and may even cause significant stress on a loved one. Some people find that they actually start developing anxieties of their own. But a supportive friend is an extremely effective way to treat your own anxiety.

Chapter 2 : Making Friends With My Anxiety | Sheila Bayliss

Anxiety is a condition that can close you off to others. For friends and family of those living with anxiety, this can represent a serious challenge.

January 1, DebsD Brief and basic. This covers some of the main causes of anxiety and offers tips for managing it. Self-published, it has many of the faults that an objective editor would have prevented. There is too much use of text-bolding, far too much use of filler pictures, constant plugs Brief and basic. January 1, Catherine Verrechia Having to witness situations where your husband has to ask you exactly where we are going for coffee, how busy it might be and how long we are staying, is something most people would find rather unusual. A fe Having to witness situations where your husband has to ask you exactly where we are going for coffee, how busy it might be and how long we are staying, is something most people would find rather unusual. Particular examples aside, research is the resounding word to use when opening up your mind to the definition of anxiety; which lead me to this magnificent book, Making Friends with Anxiety. As a wife who experiences the crushing affects anxiety can have on her husband, and seeing no improvement, I realised from the onset that reading up on the subject would give me the upper hand to reach a healthier life. Examples of how to deal with anxiety are very clearly laid out in Making Friends with Anxiety, making it clear in some cases that fighting anxiety is more likely to cause more harm than good. It can work the other way round too; depression leads to anxiety, or they can both be isolated. I was initially dubious about the choice of title; it gives off an foolishly idealistic message and almost undermines the seriousness of the content. Considering what my husband and many others are going through, the notion of making friends with anxiety is not something anyone would willingly embrace in a hurry. However, reading on, it tells of instances where you may not be able to alleviate all the symptoms, but rather control it. Additionally, there are pages just dedicated to calming pictures, possibly to aim for calming the person even as they read. Undoubtedly reading this would dredge up some experiences and make sufferers feel some anxiety! It is difficult to aim this book at a wider audience as the subject matter is so niche, however, people should give this book a chance if they are in any doubt about what they are suffering from, or do what I have done, and get swatting up on how to helpIf there is any advice I could give to anyone â€” other than to read this this book â€” I would say be honest about how you feel and allow your family and friends to help. He copes better with many other things which I find particularly stressful. Sarah Rayner gives a clear explanation of the common symptoms of anxiety and panic that affect so many lives. She then goes on to give sound advice as to how to cope with these ongoing feelings. This entails a series of strategies that encourage understanding of the anxiety rather than its suppression, aiming to give control of these complex emotions back to the patient. The fact she has written this book shows how well she has embraced her demons, able to get on with her own creative life. I will be recommending this book to my patients. The book also ties into a Facebook group she runs and which you can join for support. There are also a few exercises scattered through the book which are straightforward. The book only touches very briefly on mindfulness. I read the Ebook, and the only one and minor criticism I have is there could have been a little more careful proof reading as there are some words missing. However, I did like the highlighting of the important parts of the text in bold so your eye easily jumps to those sections of the text which when you are rereading is useful. It has shown me that I am indeed an incurably anxious person. January 1, Jenna Great advice mixed with personal experience make this book a must read for anxiety sufferers. I have panic disorder and have found that a lot of books written by so called experts are cold and condescending. This book is like a warm hug, a cuppa and a chat with a friend. January 1, Lisa Adams Helpful and understandingThis book is very helpful to understand how you are feeling. Made me realise what I have been feeling and how to calm. January 1, Clio The four stars are given because of some editing mistakes, but it is more than obvious that the writer dedicated a substantial amount of time and energy to complete the book. She connects to the reader by giving examples from her personal experience, though she clarifies many times throughout the book that she is not a professional, therefore the book is intender to easy anxiety rather than "miraculously" curing it. All in all, it was an enjoyable read! January 1, Laura Wilkinson An excellent guide for anyone who has bouts of anxiety.

Rammed with helpful tips, advice, and insightful real-life experiences this is an absolute gem.

Chapter 3 : Making Friends | Anxiety Canada

Making friends with my anxiety. Seven years ago I started to suffer anxiety and panic attacks. Suddenly I felt like my body and mind was totally out of my control, and I felt so shut off from the world.

Making Friends Making Friends in Childhood or adolescence For most children, friendships are an important part of childhood. Although not every child has a strong desire to connect with others and have friends, many do. Even for those who do not, 1 or 2 friendships over the lifetime is a reasonable expectation. However, some anxious children find it hard to interact with peers and to be in social situations. Often, they desperately want to be accepted by peers but their anxiety holds them back. For some children, anxiety has held them back for so long that they may also lack social skills that could be quite helpful in making friends. If your child appears to be struggling with limited social skills, such as reading social cues, knowing how to join in a group, or sharing, among other skills, that this does not improve after using the steps outlined below, consider contacting a professional in your area who specializes in social skills training. Some children feel left out and rejected by peers, while others worry about making mistakes or getting teased. Maintain a curious, supportive and caring attitude, and take care not to blame your child. If your child is not ready to talk yet, be patient. To find out more, you may need to ask concrete questions, such as: What did you do together? What were some of the other kids doing? Get them thinking about who they might like to have as a friend

Idea: Materials- paper and pencils. Ask your child to fold the paper in half. For example, Susie likes dolls; Jon is funny; JD runs fast. Observe Next, look for any behaviors in your child that may be a turn off to other children. For example, does your child avoid eye contact with other people? Is your child reluctant to share or has trouble taking turns? These are examples of missing social skills. The good news is that these skills can be learned. You can begin at home, teaching your child these important skills through play. It is important to begin with 1 or 2 specific social skills, so as not to overwhelm or confuse your child. The following are some examples:

Body language skills e. Materials- Character toys such as people and animals. Together with your child, create a story using characters so that each character has a role to play. For example, a new child joins the class or some kids are teasing another child. These role-plays can be simple, such as practicing how to say hello and goodbye, or more challenging, such as starting a conversation, asking a question, or phoning a new friend. Begin with you showing your child what the skill looks like and then have your child practice. Even if your child has good social skills, practicing using them can build confidence and reduce anxiety, allowing them to make friends successfully. You can even practice out in the community at a local park or library. Finally, using praise can increase confidence. Kids like it when you take turns. Depending on how socially anxious your child is, you may need to start with very small friendship goals. It is important to work on 1 goal at a time, and that you wait until 1 goal is reached before moving on to the next. Some friendship goals might include: Asking a friend over for a play date Asking to borrow something Asking to join in e. Materials- paper, pencils and stickers. Even if the practice does not go as planned, the sticker is awarded for effort not outcome.

Tips Encourage extra-curricular activities. Organized clubs, lessons or sports are all opportunities for your child to meet peers. Your child is guaranteed to have at least 1 thing in common with the others. Set up regular play dates. Help your child nurture 1 or 2 friendships through regular play dates. If your child has difficulty thinking of someone, ask the teacher which classmate might be a good choice. In the beginning you may want to supervise to help the playdate run smoothly but as your child gets more comfortable over time, you can hang back more. After each playdate, talk with your child about how it went. Find out what parts your child found easy and fun and what parts were hard and may need more practice. Have a regular family games night. Playing games with your child gives you a chance to witness how your child plays. This will also give you an idea of what kinds of successful games or activities to include on future play dates. Recruit the teacher or school counselor. Some schools offer friendship clubs or social skills groups, which can really help a shy or anxious child. Gentle coaching, encouragement and praise for bravery are key. And since not all children are social butterflies, allow your child extra time to observe a situation before joining in.

Making Friends in Adolescence or childhood For most teens, friendships are an important part of adolescence. Although not

every teen has a strong desire to connect with others and have friends, many do. However, some anxious teens find it hard to interact with peers and to be in social situations. Using some of the strategies below, you can start to help your teen achieve their social goals and make friends. For some teens, anxiety has held them back for so long that they may also lack social skills that could be quite helpful in making friends. If your teen appears to be struggling with limited social skills, such as reading social cues, knowing how to join in a group, or sharing, among other skills, and these do not improve after using the steps outlined below, consider contacting a professional in your area who specializes in social skills training. Listen First, find a time when your teen is open to talking and you are ready to listen. For some teens, they may feel more comfortable talking while doing something else, such as being on a walk, cooking, or playing basketball. Some teens find they are repeatedly left out and rejected by peers, while others worry about making mistakes or getting teased. Friendships are complicated in adolescence and there may be many factors involved. Maintain a curious, supportive and caring attitude, and take care not to blame your teen. Did you hang out with anyone today? Why do you like hanging out with that friend? Is there someone you might want to hang out with? Get them thinking about who they might like to have as a friend Step 2: For example, does your teen avoid eye contact with other people? Does your teen make inappropriate remarks in large groups, or freeze in 1-on-1 situations? The good news is that these are skills that can be learned. You can begin at home and in the community, teaching your child these important skills through interactions with you and observing others. It is important to begin with 1 or 2 specific social skills, so as not to overwhelm your teen. Then have your teen practice. If your teen seems uncomfortable practicing face-to-face with you, try doing it while engaged in another activity, such as out walking or while driving in the car. Use praise to increase confidence: I think that will help you find someone to sit with at lunch. In general, it is important to review and practice new skills with your teen prior to social outings. Anxious teens feel more confident if they have a plan. Depending on how socially anxious your youth is, you may need to start with very small goals. Some goals might include: Asking a peer to hang out after school Asking to borrow something Asking to join in e. Organized clubs, lessons or sports are all opportunities for your teen to meet peers. Your teen is guaranteed to have at least 1 thing in common with the others. Support your teen hanging out. You can drop your teen off at the mall on a weekend or go with him or her to local venues or events that attracts teens. For other teens, they may prefer to invite a friend along on a family outing such as going to the movies, a football or hockey game, or an outdoor activity e. Playing games with your teen gives you a chance to witness how your teen plays. You can note his or her strengths and also see the areas that need some coaching. Some schools offer social groups or clubs during lunch. This could be a simple way for your teen to have access to like-minded peers. And since not all adolescents are social butterflies, allow your teen extra time to observe a situation before joining in.

Chapter 4 : Making Friends with Anxiety (Audiobook) by Sarah Rayner | www.nxgvision.com

If we try to escape this tension and fear through drugs and overwork or apathy and denial, anxiety becomes destructive. It leads to futility. If, on the other hand, we feel and face our anxiety, enormous creativity is possible.

For some, it is feeling uneasy when there is nothing to be uneasy about yet there is no way to shut down such uncomfortable feelings. But is anxiety that bad? Is it the evil monster that we think it is? Like most things, anxiety lies in a spectrum. But since it has always been associated with negativity, people tend to ignore or dismiss it instead of listening to it. It is rare or unheard of to think that anxiety can have a positive influence. Think of it as a knife – most people would instantly dismiss or have it put away before someone gets hurt instead of giving the utensil recognition for its usefulness in preparing a delicious dinner. Be it detrimental or beneficial, anxiety is trying to tell us something worth our full and due attention. For this reason, one should make a friend out of anxiety. Anxiety acts as a wake-up call to deal with problems urgently. If it is trying to tell us anything, it is that something is not right and must be dealt with immediately. However, most people would either avoid tackling the issue or resort to aggression. These do not solve the real problem at all and may even cause more problems, like opening a can of worms. Instead, a person should listen to what his or her anxiety is trying to say. Though impossible as it may seem, one can also harness anxiety as motivation. Since it is a warning system, it gets people to act on whatever it is they are worried about. It may differ for everyone, but an individual is usually compelled to act when such person hits enough amounts of anxiety. By listening to anxiety, a person becomes more solution-oriented instead of avoiding problems. It also helps a person to become more caring since he or she understands how other people feel when faced with challenges. Alisa Abrasaldo is a freelance writer and works with Open Colleges helping people decide on a career in Counseling. She shares her insights to help others. Alisa also enjoys photography and travel in her spare time.

Chapter 5 : Book Review: Making Friends with Anxiety by Sarah Rayner | Mboten

Making Friends With Anxiety. likes. This is my personal blog on how I was able to my embrace anxiety and make it my friend and not my foe. I will.

Refusing to attend school or participate in extra-curricular activities Extreme test anxiety Low self-confidence and feelings of inferiority Hypersensitivity to judgment or criticism Drinking alcohol before social events to calm anxiety For youth under 18 years old, the DSM notes that symptoms must last for at least 6 consecutive months for a diagnosis of social anxiety disorder. If you suspect your child may have social anxiety, Gonzalez-Heydritch recommends asking yourself a series of questions, including: Does your child seem excessively shy? Does your child blush often? Does your child avoid attention? Does your child fear criticism? If your child afraid of doing things when others are watching? Does your child avoid speaking to authority figures? Does your child experience trembling or shaking when others are around? Does your child cling to you in social settings? Does your child avoid talking to classmates on the phone? Does your child avoid joining clubs or attending parties? Four Ways Parents Can Help If you think your child is suffering from SAD, you can take these four steps to help reduce their anxiety and help them make friends. Teach Calming Strategies Anxious feelings trigger physiological changes in the body. Among the first signs of anxiety? When we breathe quickly, the balance of oxygen and carbon dioxide gets off-kilter, resulting in other physiological changes such as an increased heart rate, muscle tension and dizziness – all of which mimic the sensations anxiety produces. Have your child sit in a comfortable position with their back straight. They should place one hand on their belly and one hand on their chest. Ask your child to slowly inhale through their nose for four seconds; they should feel the hand on their belly rise, while the hand on their chest stays almost still. Have your child hold the breath for two seconds, then exhale slowly through the mouth for six seconds. Now the hand on their belly should move in, while the hand on their chest remains almost still. Continue to inhale for four seconds, hold the breath for two seconds, and exhale for six seconds. Ask your child to focus on the movement of their breath, creating a steady, calm pattern. Conquer Negative Thoughts Children who experience SAD are often overwhelmed by negative thoughts and beliefs that both reinforce and underlie their anxiety. Teaching your child to challenge these negative thoughts by replacing them with positive, yet realistic, thoughts can help reduce anxiety. For kids with social phobia, negative thoughts generally fall into one of these categories: Believing that everyone else sees them through a negative, critical lens: Teach your child to challenge these negative thoughts by asking questions about them: Teach Problem Solving Often, children with social anxiety practice avoidance techniques to stay away from the situations that cause them stress and fear. For parents, it often seems simpler to just take over and do the things that your child wants to avoid, such as ordering for them in restaurants or making phone calls for them. Instead, encourage your child to take control of their social anxiety by teaching a problem solving approach. For each possibility that your child comes up with, ask several questions: What would be the worst possible result? Would this make you feel better? Help your child choose the solution that allows them to achieve a positive outcome without avoiding the feared situation. One of the best ways is by letting your child practice their social skills through role-playing. Choose a realistic scenario; for younger kids, this may be asking someone to play at recess. For older kids, this may involve asking someone over for a study date. Have your child pretend to be the other person. Then model the behavior the child should have, such as smiling and saying hello in a confident voice. Be specific about the things they did right. If they need to improve, lightly suggest they focus on that area next time. Go through the role-play again until your child feels confident in their skills. You can even videotape the practice so your child can see the improvement they are making. The good news is that parents can do a lot to help their child overcome social anxiety disorder. By teaching calming techniques and problem solving skills and using positive reinforcement to encourage progress – even small steps forward – you can help your child conquer negative thought patterns that trigger anxiety. With practice and patience, you can help your child learn to think about their fears more realistically and confront stressful situations.

Chapter 6 : 12 Do's and Don'ts of Helping Someone With Anxiety

Being able to see my anxiety, make friends with it, and kindly ask it to keep on walking - that's the power of asking for help when you need it, that's the power of creating the space in your life to do what you love.

I hope this gives you an idea of mindful learning in action. The freedom and relief I discovered during this period of my life were in fact what motivated me to train as a mindfulness teacher. When our son was 18 months old, we suffered particularly devastating loss, which seemed to ratchet up my anxiety to new levels. I was terrified of losing my son as well, and I felt surrounded by threats to his safety. I came to a point where I was hardly sleeping because I was getting up so often to check on him. Routine tasks were taking me a long time: I would become paralysed, trapped in extra measures designed to eliminate any imagined risk. What would a life that be like? So I wondered if I could also turn to my mindfulness practice to help with the anxiety I was experiencing. I decided to take small opportunities in daily life to challenge my usual responses. That instead of always taking action to eliminate tiny or non-existent risks, I would practice noticing that and delaying my reaction. I identified typical situations that I wanted to handle differently, and I used a journal to record my experiences both during meditations and in life. I would be able to do practical tasks with less effort, leaving me with more energy for having fun as a family. I found that during challenging situations, I was able to pause, and create just the tiniest bit of space before reacting. And in that space, sometimes I could find a new way of seeing things, or the courage to do nothing, and wait for the clouds of panic to clear. I was making room for a more balanced response. Maybe this is what learning to trust feels like. I would bring my attention to my breathing and try to just stay in the present moment rather than going into an imaginary and catastrophic future. Self-kindness also became crucial to letting my anxious feelings pass without getting trapped in avoidant behaviours. And I started to believe it. Now, when feelings of anxiety arise, I can embrace them as a part of my overall emotional landscape, and recognise they are just one of the full range of emotions that we human beings naturally experience. I no longer feel trapped by these feelings, nor do they prevent me from living fully. To me, this is the true freedom we can find in the practices of self-kindness and mindfulness. Note – it may not be advisable to learn mindfulness for the first time if you are currently experiencing debilitating anxiety, and you may need therapeutic support from a health professional.

Chapter 7 : Social Anxiety and 4 Ways to Help Children With Anxiety Make Friends

Making Friends With My Anxiety Posted on October 30, // As a wellbeing coach and mindfulness teacher, I don't just share from the theory of mindfulness, but from my own experience too.

I guess some people could also call me lazy, but I strongly disagree. I just choose not to live my life any other way than the way I decide to. I get shit done, but in my own time, at my own pace. I feel that my state of mind is more important than worrying about anything external. So why do I put so much effort into being chilled? To overcome my own issues to then be able to help others to do the same. I have proved to myself that Energy Healing, Essential oils, Mindfulness and Yoga are such powerful medicines for the body, mind and spirit. What does anxiety look like? My anxiety used to look like a rash around the area of my throat chakra, a struggle to form friendships, a yearning to run from crowded rooms; difficulty holding a conversation together; and a fear of the spotlight. A fear of my own voice. For many years, it silenced me. But with guidance and these natural alternatives, I have drastically reduced the amount in which anxiety affects my life, I have found my voice again and a means to express myself. With a dedication to my own self growth and self awareness, I have recognised where my anxiety does still exist. It exists on just a few days each month. Causes me to distant myself from others. It causes my head to ache and causes me to forget to keep on participating in life. And I feel proud of that. How is life different without anxiety in my every day? Find some space and reflect on what your life would look like if you could create it any way you wanted. What limiting beliefs are holding you back? Beautifully written straight from the heart!

Chapter 8 : Making friends with my Anxiety - HAPPY YOU, HAPPY THEM

Having anxiety sucks. It can hold you back from doing fun things and meeting interesting people. According to several studies cited in a New York Post article, the Millennial generation is the.

Chapter 9 : Making Friends with Anxiety | Barbara Huson

I love the premise - this isn't about ignoring, denying or running away from anxiety but learning to embrace and make friends with this all-too-common beast. As promised, it is a little book designed to easily be read in one go or to nip in and out of.