

Introduction to
CALM

Calming
Anxiety
Living
Mindfully

Appendix

Strength-Based Safety Plan

Emmert, 2018; based on Stanley & Brown, 2011

1. **Warning Signs:** before I start thinking about suicide / signs a crisis is beginning

2. **Safer Surroundings:** making things a little safer, moving items or adding precautions

3. **Values & Strengths:** cultural, spiritual, and personal strengths & values that help me through this

4. **Personal Coping Strategies:** my personal strategies and techniques

5. **Community & Connection:** places to distract, cope, and reconnect

6. **Reaching Out** (*If I can stay safe, if not use step 7): The people I can talk with about my crisis

Name: _____ Phone: _____ Name: _____ Phone: _____

Name: _____ Phone: _____ Name: _____ Phone: _____

7. **Safety Emergency:** professionals to help me stay safe and survive this crisis

National Suicide Prevention Hotline: 1-800-273-8255 (TALK) 9-1-1 or nearest emergency dept.

Name: _____ Phone: _____ Name: _____ Phone: _____

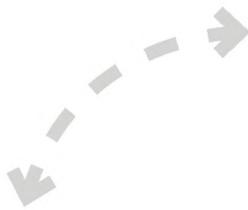
My Cycle of Anxiety

Risk Factors

Triggers



Thoughts

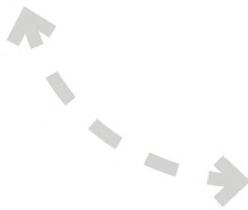


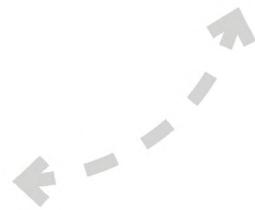
Behavior



Feelings

Physical Changes





Messages about Anxiety

Growing up, we each have received different messages about anxiety, even some that are unspoken. We are taught, for example, whether it is ok to ever feel anxious, if this “should” be hidden or talked about, and what anxiety means about us or our family.

We also receive mixed or conflicting messages from different places and people in our lives.

To better understand how to enhance your relationship with your anxiety, please take some time to explore personal, cultural, and societal messages you’ve received throughout your life. Then, consider which perspectives are most helpful and consistent with your most important values.

Growing up in my family, I learned that having anxiety means someone is: _____

In my culture(s), it seems like having anxiety is seen as meaning: _____

To me, television, social media, and society have seemed to portray anxiety as being: _____

As a college student, it seems like having anxiety means: _____

When I see friends or family impacted by anxiety, I tend to see this as meaning they are: _____

What My Life Would Look Like with Optimal Anxiety

Please envision ways your life can change once you are less negatively affected by anxiety

My family:

My Friendships and Social Life:

My Academics:

Partner Relationships or Dating:

My Favorite Activities:

My Body and Health:

My Spirituality and Connection with My Cultures:

My Mood and Emotions:

My Self-Esteem & Confidence:

My _____:

My _____:

Created by David Emmert, Psy.D. San José State University Counseling and Psychological Services, 2018

“Thoughts are just thoughts” log

Please write a few examples throughout the week on the “thoughts are just thoughts log” below. Practice reminding yourself, “I’m having the thought _____” noticing your thoughts as an experience, without instantly believing them as facts.

Situation		<p>Example:</p> <p>My Partner is 15 minutes late.</p>
Anxious Thought(s)		<p>“I bet there was an accident.”</p>
Emotional Response		<ul style="list-style-type: none"> • Afraid • Anxious • Sad
Physical Reaction		<ul style="list-style-type: none"> • Increased muscle tension in shoulders. • Increase in heart rate.
Actions Taken/Avoided		<p>Called every three minutes.</p>
Evidence this Thought is Not a Fact		<ul style="list-style-type: none"> • My partner is often late. • Traffic is bad. • It turned out my partner was in traffic with cell phone off.

One-Minute Mindfulness Exercises

1. Take 2 “mindful” bites of your food

Instead of trying to eat everything mindfully, try to mindfully enjoy the first two bites of whatever you are eating (or first sips of something you drink).

2. Notice what one breathing cycle feels like

Notice how it feels to breathe: fill your lungs with oxygen, pause before exhaling, and gradually release your out-breath with mindful awareness.

3. Give your brain a one-minute break

You can do this by focusing in on your environment mindfully. Perhaps you can look out the window and notice the colors, shapes, movements, and sounds around you. Or, pick a cloud, tree, or animal to observe with curiosity and awareness.

4. Notice how the air, or wind, feels on your skin

Just notice the sensations of air against your skin. Perhaps on your face or arms, focus on the pressures and temperatures, and other sensations.

5. Try mindfulness of music

Focus completely on music. Perhaps listen to a song you don't know yet, or a song you know well and wish to experience in a new way. Avoid judging the sounds as good or bad.

6. Play the “3 things” game

Try and notice 3 things that would normally go unnoticed. Engage whichever of your 5 senses can experience it.

7. Scan your body from head to toe (or toe to head!)

Mentally check in with your body, relaxing any tense muscles you find as you scan.

8. Do a daily activity mindfully

Find one brief daily routine, perhaps washing your hands in warm water, combing your hair, or pouring cereal. Mindfully notice colors, shapes, textures, scents, and sensations.

Bonus Activities: Try a longer activity to do mindfully, such as showering (or stretching, shaving, walking) and practice bringing your awareness back, over and over, each time your mind wanders from what you are doing in this moment.

“The next time you're in the shower, see if you're in the shower.”

– Jon Kabat-Zinn (2005 Lecture)

Created by David Emmert, Psy.D. Adapted from Alice Boyles,
Ph.D, Psychology Today, 2013 and Pocketmindfulness.com 2013

Panic: Medical Realities vs. Common Fears

1. **Common Fear:** “I’m going to have a heart attack.”

Medical Reality: Having extremely rapid heart rate with a panic attack can be really scary, but it’s not dangerous. A healthy heart can beat up to 200 times a minute for hours, even days, without being damaged. Unlike a heart attack, a panic attack does not deprive the heart of oxygen. If you’re having panic attacks a medical doctor can test to ensure your heart is healthy. In the case of a heart attack, the primary symptom is continuous pain and a pressured/crushing sensation in the center of your chest. In the case of panic, the primary symptom is very rapid heart rate. Your heart rate will begin to slow as you calm down. Remind yourself, “I am safe, and my heart will be fine.”

2. **Common Fear:** “I can’t breathe; I am going to suffocate.”

Medical Reality: Under stress, muscles tighten and your breathing will become more constricted and shallow. This is part of the stress response, and a built-in reflex that will actually force you to breathe if you are not getting enough oxygen. This type of breathing, particularly when accompanied by catastrophic thoughts of harm or death, can be really scary and intense. However, it’s not dangerous, and your body will not let you suffocate. To gain relief, change how you interpret the stress response, and learn to practice diaphragmatic breathing.

3. **Common Fear:** “I think I am going to faint.”

Medical Reality: Feeling light-headed while panicking sometimes occurs, and this is most often due to breathing too much oxygen very rapidly (i.e. hyperventilating). With excess oxygen and your heart pumping harder, it is unlikely that you will actually faint (due to lack of oxygen to the brain). Sit or lay down if needed. By tensing your muscles, you can also increase blood pressure, and as a result, oxygen to your brain. Practice breathing deeply and slowly and notice the sensations subside.

4. **Common Fear:** “I am about to go crazy!” or “I’m about to completely lose it”

Medical Reality: The rapid breathing that often accompanies panic can sometimes be disorienting and may result in a feeling of “unreality.” This may seem very strange and scary, especially if you believe you are having a “nervous breakdown.” Fortunately, people do not “go crazy” in a sudden or spontaneous way. Mental disorders that include psychosis (e.g., schizophrenia) develop gradually and do not rise from panic attacks. No one has ever started to hallucinate or hear voices simply from a panic attack. Also, you will not act uncontrollably. The only way you may actually “act out” is by escaping or avoiding the situation. Remember you cannot “go crazy” from a panic attack. Tell yourself, “This is just a symptom of anxiety, and these sensations will pass as I calm down.”

Created by David Emmert, Psy.D. 2018; Based on: The Anxiety and Phobia Workbook 4th Edition, 2005

Self-defeating beliefs

Optional Activity: Please check the common self-defeating beliefs that may apply to you.

- Emotional Perfectionism:** “I should always feel happy and in control of my emotions.”
- Performance Perfectionism:** “I should never fail or make mistakes!”
- Perceived Perfectionism:** “No one will accept me if they see I’m flawed.”
- Pleasing others:** “I must always focus on others’ needs, even if it makes me miserable.”
- Conflict Phobia:** “I shouldn’t ever argue or disagree; I might hurt their feelings.”
- Approval Addiction:** “Everyone must like me.”
- Entitlement:** “I am special. People should always treat me extra well.”
- Magical Thinking:** “If I worry enough, everything will be ok.”
- Emotophobia:** “I shouldn’t ever feel ____ (angry, sad, anxious).”
- Self-Blame / Other-Blame:** “These relationship problems are ALL my/or your fault.”

Based on Burns, 2006

Self-defeating beliefs

Practice re-writing these self-defeating beliefs you most identify with in a way that fits your values, compassion, and wisdom.

- Emotional Perfectionism:** “I should always feel happy and in control of my emotions.”

Versus

Example: “Feelings are always changing, and everyone struggles with emotions. I have the right feel what I feel, including being overwhelmed and upset.”

- Performance Perfectionism:** “I should never fail or make mistakes!”

Versus

- Perceived Perfectionism:** “No one will accept me if they see I’m flawed.”

Versus

- Pleasing others:** “I must always focus on others’ needs, even if it makes me miserable.”

Versus

- Conflict Phobia:** “I shouldn’t ever argue or disagree; I might hurt their feelings.”

Versus

Self-defeating beliefs (continued)

- Approval Addiction:** “Everyone must like me.”

Versus

- Entitlement:** “I am special. People should always treat me extra well.”

Versus

- Magical Thinking:** “If I worry enough, everything will be ok.”

Versus

- Emotophobia:** “I shouldn’t ever feel ____ (angry, sad, disappointed).”

Versus

- Self-Blame / Other-Blame:** “These relationship problems are ALL my/or your fault.”

Versus

Created by David Emmert, Psy.D. 2018; Based on Burns, 2006

3 States of Mind: Emotion Mind, Reasonable Mind, & Wise Mind

The 3 states of mind are important aspects of mindfulness. These relate to ways our emotions and logic influence us, and finding balance between our thoughts and emotions to skillfully navigate our lives. Please note that these are not the only states of mind (e.g., spiritual mind). Viewing these concepts as existing on a spectrum is also helpful.

What is Emotion Mind?

Emotion mind is happening when you feel the emotion(s) so intensely that you become swept away by it. With emotion mind, you feel like you are the emotion.

You will be very quick to react in emotion mind, and focused on how the emotion in the moment is urging you to act and feel. In emotion mind, you become overly identified with the emotion in the moment; the emotion pulls you to believe in it completely. Emotional mind is not able to see beyond the moment to look out for you in the long-term.

It is not “bad” or “good” to be in emotional mind. There are times and situations when being all, or mostly, in emotional mind is beautiful (like attending a college graduation or wedding).

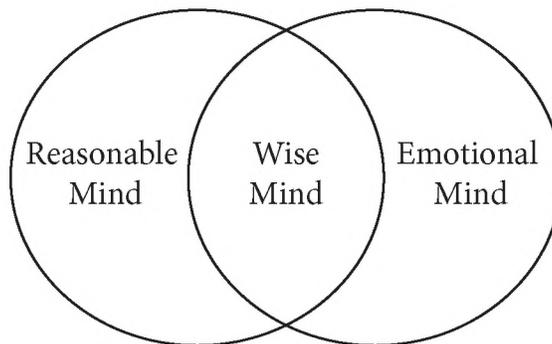
What is Reasonable Mind?

Reasonable mind is your logical and analytical side. It is robot-like, just focused on facts, data, and logic. Reasonable mind is ideal for many situations, such as solving a physics problem, paying your bills, or fixing your bicycle.

We each tend to be more often, or more strongly, influenced by one of these states of mind.

If you are most often in reasonable mind, does this lead you to miss out on some of the passion and joy in your life? Are you very in tune with your emotional side? Do people sometimes find it a little harder to connect with you?

If you are more often in emotion mind, do you tend to later regret your choices after the emotions have cooled down?



What is Wise Mind?

Wise Mind is balancing the wisdom from both emotional mind and reasonable mind to make effective choices. Reasonable mind can answer, “Is this choice good for me in the long-term?” At the same time, emotion mind help you see “Is this a decision I can buy into emotionally, and true to my values?”

Emotion mind can also provide important information about your needs and your relationships.

Reasonable Mind	Wise Mind	Emotion Mind
Logical Task and Facts-focused “Cold”	Listens to Both Values Reason & Emotion “Ahh...just right!”	Emotional Emotion & Value-driven “Hot”
<i>Major Drawbacks...</i> Values and Feelings are NOT important Does not bring joy, passion, excitement, or drive values	<i>Major Benefits!</i> Logic, Emotion, Values, & Experience used together Informed effective choices -improving present & future Driven by passion and values Guided by Emotional Signals	<i>Major Drawbacks...</i> Logic, Facts, and Reason are NOT important, so choices may be poor Does NOT look out for your best long-term interests

Based on Linehan, 2015

Mindfulness of Emotions: Primary & Secondary Emotions

It's important to be able to separate primary and secondary emotions. This can be tricky since primary emotions trigger other emotions so quickly we usually aren't aware it's happening.

Primary versus Secondary Emotions:

Primary Emotions are our immediate emotional response to what just happened. These emotions typically make sense and are straightforward. When a good friend moves away, you feel sadness. If someone tells you how much you've helped them, you feel happy.

Secondary Emotions are emotional reactions to primary emotions. They are emotions about our emotions, and are often more intense. Imagine you're feeling anxious about having to do a class presentation this semester in an English class. The nervousness is primary, but suddenly this shifts. Then, you start to feel frustrated, disappointed, and embarrassed for feeling anxious about public speaking.

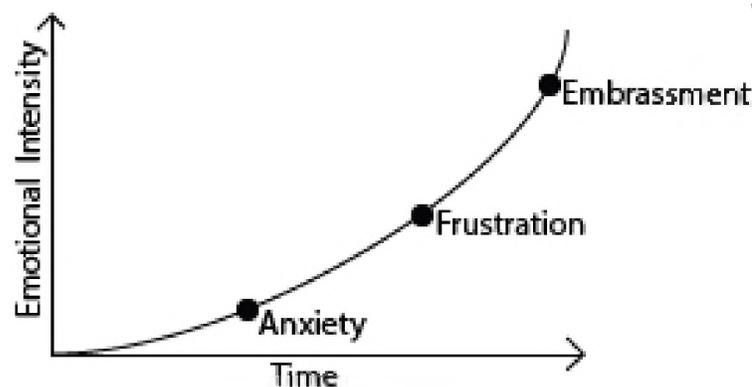
By expanding emotional awareness through mindfulness, we can separate these apart. This also allows us to recognize how judging our emotional reactions, rather than accepting them, often leads to greater distress. For example, anger is often a secondary emotion to anxiety (and sadness) that we fuel by not accepting primary emotions.

Secondary emotions tend to increase the intensity and duration of emotional experiences.

Try to notice your emotional reactions (secondary emotions) to your first emotional response (primary emotion), and judgmental thoughts that play a role.

It can also be very helpful to expand your emotional vocabulary to pinpoint precisely what you're feeling. Feeling annoyed is very different than feeling enraged, and feeling a little nervous is very different than being petrified.

Source: Marra, 2004



It also helps to be more precise, using words beyond upset or uncomfortable, to better understand and support your emotions. Please look over a few examples of this below:

Anxiety & Fear Words:

Afraid, Apprehensive, Cautious, Distrustful, Dread, Endangered, Excited, Fearful, Hesitant, Hypervigilant, Impatient, Nervous, Panicked, Petrified, Overwhelmed, On-edge, Scared, Self-conscious, Shaky, Shy, Suspicious, Suspenseful, Tense, Threatened, Restless, Uneasy, Unsafe...

Sadness Words:

Alone, Burdened, Burdensome, Devastated, Disappointed, Dejected, Demoralized, Discouraged, Disheartened, Distraught, Down, Excluded, Grief-stricken, Gloomy, Heartbroken, Hopeless, Ignored, Invalidated, Lost, Miserable, Tearful, Sorrow, Unhappy, Unsupported...

Anger Words:

Annoyed, Agitated, Aggressive, Aggravated, Belligerent, Cranky, Crushed, Depressed, Displeased, Distraught, Enraged, Furious, Frustrated, Grumpy, Irritated, Mad, Mistreated, Provoked, Rageful, Resentful, Snappy, Touchy, Unappreciated, Violated, Wronged...

Happiness & Joy Words:

Acknowledged, Appreciated, Beautiful, Carefree, Cheerful, Connected, Content, Encouraged, Excited, Hopeful, Humorous, Included, Jovial, Joyful, Loved, Lighthearted, Optimistic, Pleased, Protected, Overjoyed, Safe, Satisfied, Secure, Supported, Relieved, Thrilled, Welcomed...

Skills for Better Sleep

- 1. Develop regular sleep times:** “The circadian system thrives on routine” (Barwick, 2018)
Set a regular sleep schedule that provides enough time for sleep (7-9 hours). Practice getting up and going to sleep at the same times regardless of how tired or awake you feel. One of the most effective strategies for sleep problems is increasing your “sleep drive” which is a force that increases the longer you go without sleep. Napping, as well as briefly dozing off, before your sleep time will greatly interfere with your sleep quality.
- 2. Don’t try to fall asleep:**
This causes frustration and anxiety, which inhibits sleep. Remind yourself, “I’ll just rest my body.” Consider a body scan to see if you are holding any tightness as you try to relax.
- 3. Use your bed for sleep:**
Many people with sleep troubles use their bed for playing videogames, talking on the phone, etc. Your mind will then associate your bed with being alert instead of asleep. Help your mind connect your bed with rest and calmness.
- 4. Don’t go to bed on an overly full stomach or ingest caffeine after morning time:**
Your diet will influence your sleep, and being physically uncomfortable from overeating can make sleep difficult. Avoid afternoon coffee and reduce liquids a few hours before bedtime.
- 5. Avoid using alcohol or substances to fall asleep:**
These may help you fall asleep at first, but research shows this significantly reduces sleep quality overall.
- 6. Don’t take your worries to bed:**
You can write them down on a note pad and let them go for the night. You can give yourself permission to have the late evening as a “worry free” period of time. When you find yourself worrying, allow your stream of worry thoughts to float by without attaching to them or amplifying them. Consider grounding exercises.
- 7. Get regular exercise during the day (20 minutes or more):**
This can be very beneficial for your mood as well. However, do not exercise just prior to going to sleep.

8. **Alter your sleep environment:**

Light reduction is the most powerful environmental change since people can detect the dim light of dawn through their eyelids. Also, can you find a more comfortable pillow or mattress, and do you get too cold or hot at night?

9. **Develop a pre-sleep relaxation routine:**

This can include: soothing music, stretching, meditation, etc. Practice calming yourself and winding down before bedtime. Eliminate screen time and start to unwind an hour before bedtime. Consider using a light filter on your phone to remove the blue light that activates us.

*Sleep patterns take time to change, with time and practice many find these changes in routine to be highly effective.

Based on Dr. Fiona Barwick, Director of Cognitive Behavioral Sleep Medicine, Stanford University, 5/10/2018 Training; Bourne, 2005; Leahy & Holland, 2000; sourcesofinsight.com, 2018.

Worry Time Practice

The Time of Day I Scheduled for Worrying:

My Scheduled Worry Place:

My Main Concerns Today:

My Experience Worrying:

My Physical and Emotional Reactions:

The aspects of this worry that I have control over include:

The aspects of this worry I cannot control include:

Based on Rygh & Sanders, 2004

Leahy's 7 Steps "To Stop Worry from Stopping You"

1. Identify Productive and Unproductive worry
2. Accept Reality and Commit to Change
3. Challenge Your Worried Thinking
4. Focus on the Deeper Threat
5. Turn "Failure" into Opportunity
6. Use Your Emotions Rather than Worrying About Them
7. Take Control of Time

Source: Leahy, 2005

1. Identify Productive and Unproductive worry

It can be tough to tell if you are worrying in unhelpful ways or problem solving. This difference is also called productive worry (problem solving) versus unproductive worry. If you are stuck worrying about something you can't control, this is not problem solving. Most importantly, although worry and problem solving seem similar, problem solving moves us closer to resolution, and worry keeps you spinning over and over in a cycle.

2. Accept Reality and Commit to Change

This is about using mindfulness, willingness, and radical acceptance with painful realities and uncertainties of life. Radical acceptance allows you to better see changes you can make that emotional pain may block from your awareness. At very least, with acceptance you can change our relationship with worry.

3. Challenge Your Worried Thinking

This starts with mindful awareness of your worry thoughts and patterns, and challenging worry thoughts that are not facts. It may include: identifying cognitive distortions in your worry, asking what is "likely" rather than "possible," testing your predictions, not underestimating your ability to cope, and imagining advice you'd give a good friend that shared your worry.

4. Focus on the Deeper Threat

This involves uncovering core beliefs that fuel your worry. Have you noticed some people worry constantly about certain issues while others don't? A person's worries may be fueled by beliefs and fears, like they will always be abandoned, are helpless to care for themselves, or defective deep down. A couple of helpful ways to uncover and modify these core beliefs include working with an individual therapist and/or reading the book "Re-inventing Your Life" by Drs. Young & Klosko.

5. **Turn “Failure” into Opportunity**

In the big picture, did you truly “fail?” What if you gained wisdom or growth from the process? It is vital to see that even if the outcome is “failure”(e.g., F in Chemistry), this does not equal being a failure as a person. It is inaccurate and harmful to convince yourself that you embody the stable, unchangeable, internal character trait of being a failure. Sometimes we all have our behaviors “fail” to bring us the outcome we want. When you use this as an opportunity to learn and enhance effective behaviors, it is a natural part of growth.

6. **Use Your Emotions Rather than Worrying About Them**

Worry can actually be avoidance! Research has repeatedly shown that people that struggle with anxiety tend to avoid unpleasant emotions by engaging in worry. This is an attempt to solve problems and prevent something bad from happening. When a person is actively engaging in worry, they are actually experiencing less intense emotions. Many people with anxiety fear that if they confront unpleasant emotions, they will become overwhelmed and unable to cope. However, trying to avoid emotions tends to keep people stuck. In research with college students, those who worried a lot often said they worry about certain things to avoid worrying about other things that are more frightening.

Borkovec, 1994; Leahy, 2005

7. **Take Control of Time**

Finally, worry is “always an escape from the moment,” and most worriers have a sense of time urgency. Ask yourself, “Do I feel pressured for time a lot?” Also ask “Do I feel overscheduled?” “Am I often rushing to meet deadlines?” or “If something bad could happen, do I need the answer right now?” Using time management skills, practicing assertiveness, being mindful, and “turning the urgency off” can be life changing.

Consider this: Whenever you say “no” to taking on another demand, you are at the same time saying “yes” to something else. For example, if you say “no” to picking up an extra work shift this weekend, you may be saying “yes” to... being more prepared for your midterm, time with friends, exercise, feeling more prepared for the week, self-care, etc. Please consider what you will be saying “no” to before you say “yes.”

Types of Interpersonal Effectiveness

In any situation, it's helpful to consider these types of effectiveness. It's also important to recognize when we need to prioritize one over another, especially when they are in conflict.

Objective Effectiveness: Getting Your Goals Met

Questions to ask:

- “What results do I want in this situation?”
- “What is the best approach to reach my goal?”

Relationship Effectiveness: Getting & Keeping Healthy Relationships

Questions to ask:

- “What would strengthen this relationship?”
- “How do I want them to feel about me afterward?”

Self-Respect Effectiveness: Building & Maintaining Self-Respect

Questions to ask:

- “How do I want to feel about myself after?”
- “How can I be fair to myself here?”
- “What ways can I be assertive?”

Types of Interpersonal Effectiveness

Consider a situation that is, or was, difficult to navigate. The exercise below can help you sort through your goals and priorities to help guide your approach. Consider applying this to any situation where you feel unclear about what the most effective approach is. A few examples of when this can help include: when there's a conflict with another person in your life, times you feel disrespected or treated unfairly, or times when you have an important goal to achieve.

Situation: _____

Objective Effectiveness:

- “What results do I want in this situation?”
- “What is the best approach to reach my goal?”

Relationship Effectiveness: Getting & Keeping Healthy Relationships

- “How do I want them to feel about me after?”
- “What would strengthen this relationship?”

Self-Respect Effectiveness: Building & Maintaining Self-Respect

- “How do I want to feel about myself after?”
- “How can I be fair to myself here?”

Conflicts and challenges that make effectiveness difficult:

Rank priorities A, B, & C in this situation:

____Objective ____Relationship ____Self-Respect

Based on Linehan, 2015

TIP: Approach Relationships from Wise Mind & Don't End Relationships in Emotion Mind!

Anxiety Flare-ups: Warning Signs

It's important to recognize early signs when your anxiety begins flaring up, as well as times you may start falling back into old patterns with anxiety. This is most likely to happen during times of high stress.

Whenever you notice these warning signs, go to the following page and complete your "anxiety action plan" to help you effectively navigate flare-ups that may arise from time to time.

Personal "Red Flags" I may notice again when anxiety begins to flare-up are...

When I notice physical changes like:

(e.g., sleep, appetite, stomach aches, muscle tightness)

If, emotionally, I begin to feel:

When important people in my life notice or tell me:

If I start thinking and telling myself:

When I act differently by:

(e.g., isolating, being "snappy," using substances, avoiding exercise)

Anxiety Action Plan

Right now, I'm most anxious about:

My current emotional and physical response to this anxiety is:

My self-talk (thoughts and images) about this anxiety includes:

Some evidence these thoughts might not be facts is:

Some ways I can increase my mindfulness practice include:

Aspects of this anxiety I cannot control, but can choose to accept are:

Positive steps I am willing to take this week include:

A few great ways to respond to red flags include: increasing mindfulness practice, reviewing CALM materials, meeting with a counselor, and reaching out to friends, family, and your communities.