HANDLING DIFFICULT FEELINGS (ANXIETY) - UNIT DF-2

KEY FOCUS OF THIS UNIT

The primary focus of these resources is awareness and self-management of symptoms relating to anxiety. Key elements include a basic cognitive-behavioral (CBT) approach, supplemented by DBT mindfulness activities, coping and distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management, especially anxiety.

- This unit teaches specific self-management skills.
- This unit provides many opportunities for problem solving.
- This unit includes multiple Motivational Interviewing (MI) tools.

1	Did you know? Anxiety and the veteran 5-10	Stress and health 45	Coping (Anxiety) Skills 5-10	
2	Mindfulness Moment 5	Worksheet - Making the adjustment SL 15	Worksheet - Anxiety and where you are now 30	Worksheet - Using the feelings rulers 10 assign FID homework (tracking)
3	Worksheet - Anxiety self-assessment 15	Anxiety (F3.1sl)* 40	Coping (Anxiety) Skills 10	
4	Worksheet - Anxiety vs Fear 15	Anxiety (F3.2sl) 40	Coping (Anxiety) Skills 10	
5	Mindfulness Moment 10	**Worksheet - I lose sleep over this 30**	Worksheet - Anxiety Scale 10	Coping (Anxiety) Skills 10
6	Mindfulness Moment 10	FFT Anticipation of change 10	Worksheet -Looking back - when anxiety or stress started 10 FFT Health and anxiety 15	Coping (Anxiety) Skills - and FID chart review 15
7	Mindfulness Moment 10	Worksheet - Think of one time 10	Worksheet - Anxiety Triggers 15	Coping (Anxiety Skill) 10
8	Mindfulness Moment 10	Worksheet - Where do I go from here? - anxiety 15	Worksheet - Anxiety Triggers Summary Activity 20	CF3.3 Dealing with tough feelings #3 10 CF23.8 What's the best way #8
9	Anxiety Skills practice 10	Worksheet - Situational confidence for anxiety 40	FFT Serenity 10	

10	FFT Ten troubles 10	Worksheet - Self-assessment summary - feelings and symptoms 30	Using the feelings rulers (repeat) - review of change over the whole ten-session unit 10	Worksheet Brief review - Anxiety and the veteran 5-10

Key summary elements:
Worksheet - Anxiety Triggers Summary Activity
Worksheet - Situational confidence for anxiety
Worksheet - Self-assessment summary - feelings and symptoms

OUTCOMES

- "Build a life worth living." (Linehan)
- Participant functions successfully in daily living - and has the skills and motivation to maintain positive functioning.
- Envision and pursue positive life goals. Deal successfully with ordinary problems.

Improved general functioning through implementation of self-management skills and practices.

- increased awareness of issues relating to feelings and symptoms. Primary emphasis is anxiety.
- increased acceptance that these feelings may have influenced some of their past issues and choices
- increased acceptance that these feelings and symptoms may be influencing some of their current issues and choices
- development of selected options for dealing more effectively with the above
- In practice against internal and external high risk situations presented in scenarios provided, demonstrate repeated successful coping
- demonstrate competence at problem solving skills (versus specific situations).
- assessment of personal situational confidence in dealing with these specific areas.
- key outcome is that they have the motivation - and an actual action plan - to handle some of these issues more successfully going forward.

ADDITIONAL GOALS

- documentation of increased importance, confidence, and readiness for key changes (as assessed by MI-instruments and behaviors).
- positive social integration and functioning now, and going forward.
- note specific steps they will take, and areas for further development
- preparation for effective community and social reintegration going forward.
- effective self-management continue to maintain positive and pro-active physical and mental health behaviors going forward.
- Through completion of behaviorally-stated objectives, demonstrate effective implementation and action plans for successful integration of key strengths and protective factors targeted by program. for successful integration of key strengths and protective factors targeted by program.

In more than 10,000 scientific studies, the advantages of taking time to pause in one's life, as is done with mindfulness and meditation, have proved to help people live happier, healthier lives.