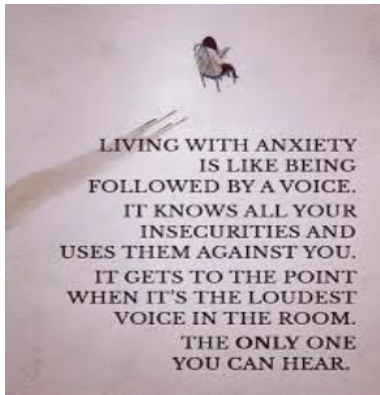


# STRATEGIES TO SUPPORT INDIVIDUALS WITH ANXIETY

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## What is Anxiety



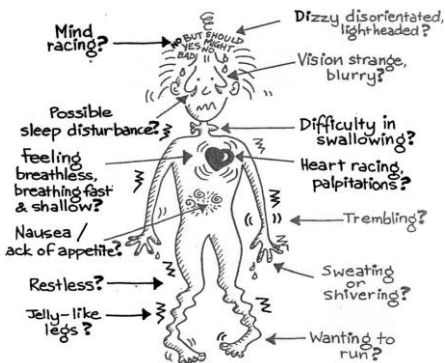
*The worst bullies in our life are our own thoughts.*

**“It’s OK to NOT be OK.”**

Michael Phelps

## Coping Strategies

### Anxiety Feels like...



Star Breathing



Self Talk Scripts



Vestibular Strategies  
 Bouncing a ball, walking upstairs, Repetitive tasks

## Looking through a Supportive Lens...

- Relationship Building to develop trust/Articulate Support
- Increase predictability/Give Advance Notice
- Scheduled breaks to “check out”
- Behavior Momentum and “Jump Starts”
- Choices and “on the spot” Modifications
- Support with Organization/Environmental Considerations
- Visual Supports/Support Lagging Skills/Coping Strategies

## Tools

<b>Anxiety Level 0</b> “I’m so good, nothing to stress about. I can handle anything. Oh, I love this work!” How average people start their day.	<b>Anxiety Level 5</b> “What the heck am I going to do?” Imagine talking your car, missing all your big presentations at work, or failing your final exams at school.
<b>Anxiety Level 1</b> “Just a little nervous. Nothing I can’t handle.” How to make your sunglasses or the remote. Easily resolved.	<b>Anxiety Level 6</b> “Imagine losing your job, failing the big test AND missing your car all on the same day.”
<b>Anxiety Level 2</b> “Oh, I think... when the heck are they going to start their day?” How to remember your class and you’re running late for work.	<b>Anxiety Level 7</b> “I can’t take anymore.”
<b>Anxiety Level 3</b> “Where did that accident come from?” Imagine finding a scratch on your car on your new car.	<b>Anxiety Level 8</b> “Could anything else happen go wrong?” Imagine getting to that your identity was stolen, your bank account closed AND your spouse left, taking the kids.
<b>Anxiety Level 4</b> “Imagine being the cause of a scratch on your new car.”	<b>Anxiety Level 9</b> “Imagine not being able to take anything and just collapsing in a blackout and shutting down completely.”



## Guidelines for an Anxiety Plan

Individual identified a SAFE person(s)?

Tool to quantify individual’s Anxiety level?

Coping Skills are of interest to the individual?

Coping skills taught and practiced “out of the moment”?

Self-Talk Statements utilized to “Rewire anxious thoughts”?

Individual returned to the activity or environment?

Data was collected on all steps of the plan?

## Awareness- Decrease the STIGMA

