<http://noiseinyourhead.com/free-video-series/>

A great way to show anxiety is to do a drama performance and act it out for others to see what anxiety is really like for someone.

Dealing with Anxiety:

Video series “Stopping the Noise in your Head: The New Way to Overcome Anxiety and Worry”

1. Find a situation that scares you…really cares you!
	1. For example flying in an airplane. Have an actor pretending to be on a plane with ‘anxiety’ sitting beside them
2. Move towards that thing….get the stress going.
3. Acknowledge that doubt, stress, and discomfort.
4. Welcome what is happening…..
5. Give yourself a motivational or instructional comment…give me more
6. Go back to the task
7. Give yourself a “ point” for being able to go back to the task.