



Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p>'Positive self talk'</p> <p>When people feel anxious, their thinking can become negative and less flexible (see assessment section 'maladaptive thinking')</p> <p>Positive self-talk is to assist management of anxiety. It is not a cure or a prevention.</p> <p>Positive self talk is about the person using the words for how they want to feel rather than the way they are feeling. It is also a distraction from the anxiety being experienced which can also assist anxiety reduction.</p> <p>This is sometimes referred to as reframing.</p>	<p>Practising positive self-talk when anxiety is low or not present will assist preparation for applying positive self-talk when anxiety is being experienced. It is unlikely that positive self-talk will be able to be spontaneously used when anxiety heightens unless an individual has become rehearsed in its use.</p> <p>A few positive self-talk scripts that can be repeated over and over is more effective than having too many scripts. Keeping the positive self-talk scripts succinct is important. Using language formulated by the person affected by the anxiety is important. Having assistance to generate these is likely to be required to ensure they are positive.</p> <p>One of the barriers to using positive self-talk is feeling embarrassed. Speaking positive self-talk aloud seems unnatural and often this requires that the person can be in/or move to an environment where other people are not in to use self-talk aloud. When in school, this should form part of the plan for implementing self-talk – where will the individual go when in different areas of the school? How will they manage to leave class without having to ask?</p> <p>When it is not possible to use self-talk aloud, using self-talk mentally can be effective. Having a piece of paper or small note book readily available that the positive self-talk scripts are written in can mean that these can be read over when needed.</p> <p>Examples:</p> <p>I'll not be able to answer any of the questions in the test.....There might be some things I don't know, that will happen to most people....I've looked over the coursework and I managed some questions the last time...I always try my best.</p> <p>I have a speech to do and I hate speaking to people, I'll get all muddled and forget what to say and fail the course.....My teacher understands it is difficult for me, that's why a smaller group of people will listen to my talk....If it doesn't go perfectly, it won't be the end of the world, it won't mean I fail the course.</p> <p>I'll never manage to get a job when I leave school.....I'm going to focus on doing well just now and not thinking too much about the future....keeping myself healthy and doing my school work are the things I can control right now.</p> <p>Everybody dislikes me.....I have had a fall out with my friend. There are other people who do like me, they are....I need to try not to worry about what people think about me.</p> <p>The teacher will ask me a question and I won't know the answer.....The teacher knows that I do not always feel confident or ready to answer a question so they won't ask me unless they see my hand up.</p>	<p>Some common 'thinking traps' are included in assessment section.</p> <p>Sports personalities are often seen using self-talk strategies & talking about the link between mental positivity & achievement.</p>