

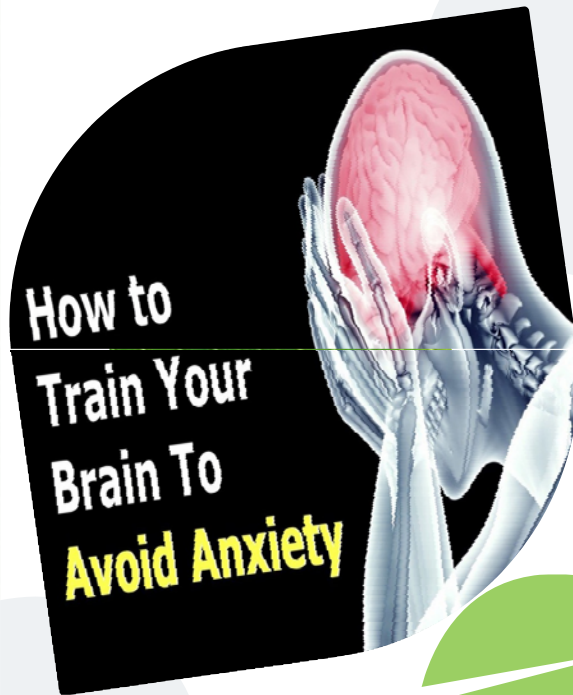


Against 'The Racing Thought'

Brought to you by:



Source Supported By:
Dr. Mimi Fitriana Zaini
Department of Psychology,
Faculty of Social Sciences and Liberal Arts
(FOSSLA), UCSI University



“The thing that makes fears and phobias so persistent is that virtually anything you do to oppose, escape, or distract from the anxious feelings and thoughts will be turned against you, and make the anxiety a more persistent part of your life.” – Dr David Carbonell

HERE ARE FIVE WAYS OF
“TRAINING” YOUR BRAIN TO AVOID
(AND PREVENT) UNHEALTHY
ANXIOUS THOUGHTS

1. BECOME AWARE
2. ESTABLISH A ROUTINE
3. GET PLENTY OF RELAXATION
TIME
4. STOP THE ANXIETY BEFORE IT
KICKS IN
5. EXERCISE





AWARE

● **A – Acceptance:** This simply means to accept what’s happening – and to “go with it.” Attempting to counteract, fight with, or succumb to anxiety only heightens its effects.

● **W – Watch:** To “watch” anxiety in action is to remain a distant observer of its activities. Observe the anxiety without hesitation or judgment – a practical approach that prioritises mindfulness. Remember: the anxiety and you are two different things.

● **A – Act:** More specifically, act as you normally would and carry on about your day. Think about the task in front of you. Also, notice your breathing patterns to avoid shallow inhalation.

● **R – Repeat:** Repeat “A-W-A” until the anxiety either dissipates or becomes entirely manageable.

● **E – Expect:** Anxiety provokes fear – a fear that almost never surfaces. Expect the best outcome. Repeated practice of this technique will work given proper attention and focus.



- **People that struggle with anxiety often feel that their lives are out of control.** In fact, many that struggle with anxiety (e.g. OCD patients) attempt to control every facet of their lives; when their plans fail, anxiety often comes back with a fervor.
- Arrange a schedule for work, family, activities, and interests. Also maintain a sleep/wake time throughout the week.



Trying to relax while experiencing anxiety is often difficult. Instead, setting aside time to get some R&R while *not* in an anxious state is more beneficial. **The idea here is to *take advantage* of a balanced state of mind; something that will serve as an effective countermeasure to anxiety yet to surface.**



- Picture a red “STOP” sign in your mind
- – Reassuring thoughts, such as “I’m okay,” or “It shall pass.”
- – **Pinch yourself (not too hard)**
- – Or...just find something fun to do if you can



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- According to the Anxiety and Depression Association of America (ADAA):
- “Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. **About five minutes of aerobic exercise can begin to stimulate anti-anxiety effects.**”

Self-
Strengths

Thought Reform

Family
and
Social
Influence
of
managing
anxiety

Self-
Regulat
ion

COMPLIANCE METHOD

Changi
ng
people'
s
behavio
urs

Self-
persuasive
mechanism

PERSUASION

Changing
people's
attitude

EDUCATION



The ultimate brain workout

Different physical exercises can bring specific mental gains, from improving memory to dealing with cravings or reducing stress

LIFTING WEIGHTS

Prefrontal cortex
complex thinking,
reasoning, multitasking,
problem-solving

YOGA

Frontal lobe
Insula
integrates thoughts
and emotions

Amygdala
fear and anxiety

HIGH-INTENSITY INTERVALS

Hypothalamus
appetite regulation,
cravings and addiction

SPORTS DRILLS

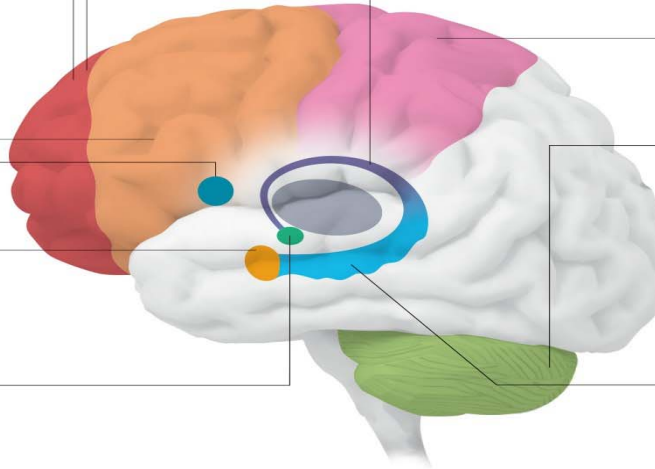
Prefrontal cortex
Basal ganglia
attention, switching
between tasks, inhibition

Parietal lobe
visual-spatial
processing

Cerebellum
attention

AEROBIC EXERCISE

Hippocampus
memory



nutriunify.com/five-different-physical-exercises-affect-brain-different-ways/



References

Anxiety And Depression Association Of America. Exercise For Stress And Anxiety. (2014, July). Retrieved January 29, 2017, From <https://www.adaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety>

Otto, M. W., & Smits, J. A. (2011). *Exercise For Mood And Anxiety: Proven Strategies For Overcoming Depression And Enhancing Well-being*. New York, NY: Oxford University Press



