

Managing Worries, Fears and Anxieties

My anxious situations	Examples of distraction in action

Figure 12: List of distraction techniques for anxiety-provoking situations

So far, this has been a very theoretical exercise and you've simply been considering what is likely to help you – now you need to give your distraction techniques a try. Put your distraction strategies into action when you are feeling anxious and see what happens. You will find that some of your ideas will be successful right from the start, which is great, but others will need refining. Look back on the experiences that are less successful and try to understand why a strategy might not have worked for you: maybe the image you chose didn't really reflect your preferences so it wasn't that engaging; perhaps the mental arithmetic you set yourself was a bit too difficult; maybe the setting wasn't right for the physical distraction you chose and a mental distraction would have been better. There can