



*The Hinda Institute presents...*

## **LIVING WITH ANXIETY**

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### **SESSION 3 - PRACTICAL, EVIDENCE-BASED SKILLS TO MANAGE ANXIETY**

*Wednesday, December 3, 2025  
with Dr. Stephanie Kutzen,  
and Matt Schwartz*



# QUOTE

“

You may not control all the events that happen to you, but you can decide not to be reduced by them.

-Maya Angelou

”



# I. ANXIETY AS A SIGNAL - NOT A STOP SIGN

Moving forward requires **UNLEARNING** ineffective responses to triggers.

A. Reliable methods to replace them by re-wiring thoughts, feelings, and behaviors.

- **Become aware of** patterns, practices, personal responses.
- **Identify what set me off:** tone, issue, memory, persona.
- **Recognize body feeling:** tightness, racing heart, sweating.
- **What did you do next?** Snap, withdraw, shut down.
- **Awareness** weakens your automatic reaction(s).



# I. ANXIETY AS A SIGNAL - NOT A STOP SIGN

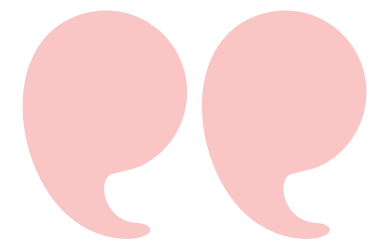
## B. Create an Action Plan: Take a Pause

- **Halt:** take some breaths to “change the moment”
- **Ground yourself:** name (3) things you see, (2) you feel, (1) you hear
- **Do a physical reset:** unclench jaw, relax head, neck shoulders



# QUOTE

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For faster relief, try slowing down.



-Lily Tomlin



# RE-WIRING: REPLACE BAD REACTIONS W/ NEW ONES

- **Think:** I'm safe, not attacked, just uncomfortable.
- **Don't shut down:** repeat, "I need a minute to let me think."
- **Eliminate catastrophizing:** walk it back to logical impact.
- **Initiate and implement:** write down small action steps.



## II. WHEN ANXIETY FEEDS ON ITSELF

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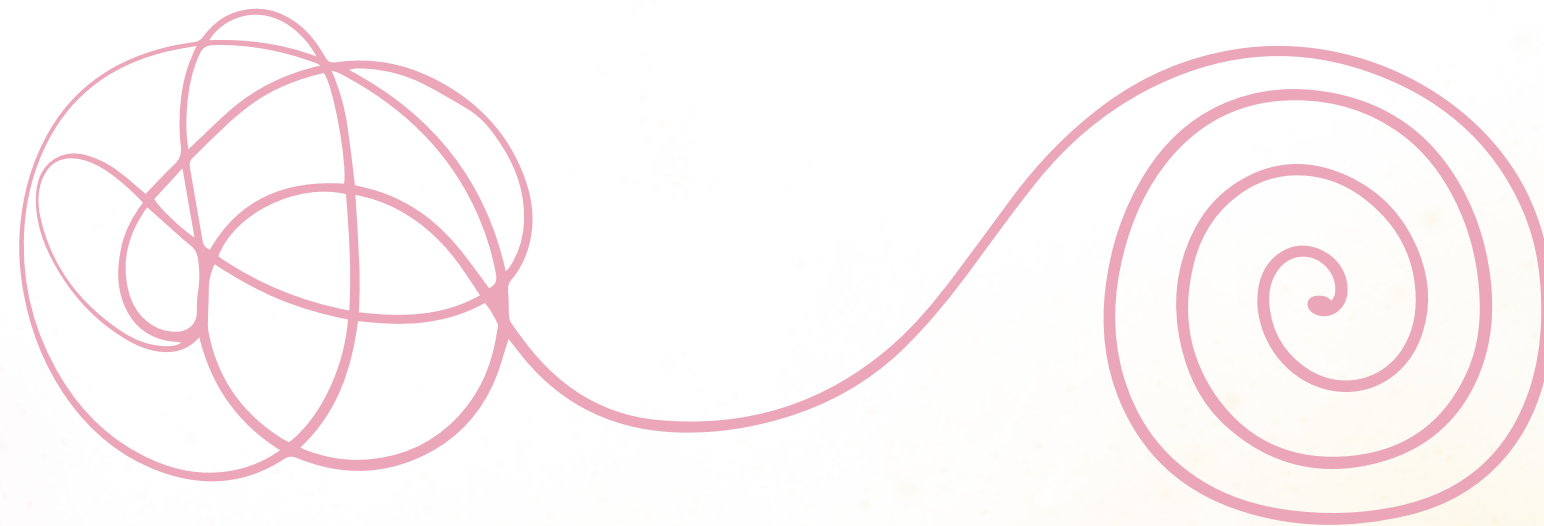
Remind yourself to pivot by:

- Practical exposure to conflict in safe, small steps with trusted others.
- Journal your experience: process, progress, problems.
- Consider using mindfulness apps or literature.
- Prepare, memorizr positive self talk statements & use them



## CONSIDER SEEKING PROFESSIONAL HELP & RESOURCES

- Medical intervention, including short term anti-anxiety medication.
- Counselors provide guidance, support to rewire.
- Research information on neuroplasticity - brain's ability to form new, positive pathways.



### III. PARTICIPANT GROUP EXERCISE

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#### Put Your Pedal to the Metal to Challenge Anxiety

Overall goal of role plays is to observe anxiety reaction, identify symptoms, coach's approach, and interventions. Group will write/record, observe.

Measurable Outcomes - evaluate coach's skill-based techniques.

Provide Additional Recommendations - to enhance outcomes.



# ROLE PLAY STRUCTURE

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## Break Out Rooms of 3

**Person A:** triggered, anxious person

**Person B:** is the coach (the anxiety tamer)

**Person C:** is the observer, take notes, and provide real time feedback to A & B when role completed.

Each participant will rotate to other roles and repeat exercise.

**Scenario (or one of your choices):** A meeting with a confrontational, critical, difficult person around a dispute.



# GROUP PROCESSES ROLE PLAY EXPERIENCES



# SUMMARY & GROUP DISCUSSION

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1. Feedback on objectives reached or those incomplete
2. Preview of Seminar IV - "Calming Care for You"
3. Critique of seminar content and facilitators performance.

