


ELMHURST  COUNSELING			
Worry	Anxiety	Obsessive Thoughts & Compulsive Behaviors	Panic/Phobia
<b>What You Can Do About It</b>			
<b>Express Feelings</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Verbal</li> <li><input type="checkbox"/> Writing</li> <li><input type="checkbox"/> Artistic</li> <li><input type="checkbox"/> Music</li> <li><input type="checkbox"/> Movement</li> </ul>	<b>Employ Coping Skills</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meditation</li> <li><input type="checkbox"/> Take a walk</li> <li><input type="checkbox"/> Listen to music</li> <li><input type="checkbox"/> Rhythmic activity</li> <li><input type="checkbox"/> Exercise</li> <li><input type="checkbox"/> Interact with a pet</li> </ul>	<b>Psychophysiology Techniques</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Square breathing</li> <li><input type="checkbox"/> 4-7-8 breathing</li> <li><input type="checkbox"/> 2:1 breathing</li> <li><input type="checkbox"/> Relaxation Response</li> <li><input type="checkbox"/> Biofeedback</li> </ul>	<b>Exposure &amp; Desensitization</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Early warning symptom awareness</li> <li><input type="checkbox"/> Proactive self-soothing</li> <li><input type="checkbox"/> De-escalation</li> <li><input type="checkbox"/> Counseling support</li> </ul>

