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Website: AnxietyBC

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## Tools

These tools are listed in a recommended order, although proceeding in this order will depend on your needs and interests. There are many effective tools in this section from which you can chose that will provide you with much needed relief from your worry.

- [Fight-Flight-Freeze](#)
- [Avoidance](#)
- [Calm Breathing](#)
- [Progressive Muscle Relaxation](#)
- [Recording and Classifying My Worries](#)
- [Helpful Thinking](#)
- [Challenging Negative Thinking](#)
- [Cognitive Coping Cards](#)
- [Problem Solving](#)
- [Rethinking the Usefulness of Worry](#)
- [Facing Your Fears: Exposure](#)
- [Reassurance Seeking](#)
- [Overcoming Perfectionism](#)
- [Partner Assisted Rituals](#)
- [Rewarding Bravery](#)
- [Getting a Goodnight's Sleep](#)
- [Tolerating Uncertainty](#)
- [Worry Scripts](#)
- [Relapse Prevention](#)

**Final point:** Although increased knowledge and the many tools available on this website can be very effective in helping you to manage your generalized anxiety disorder, sometimes it is not enough. Some adults have very severe anxiety, and despite all their best efforts, they might still be struggling daily with anxiety symptoms. If this is the case for you, we recommend you seek professional help through a consultation session with your family doctor, psychiatrist, or a psychologist/mental health worker.

- [Fight-Flight-Freeze](#)
- <https://www.anxietybc.com/adults/fight-flight-freeze>
- [Avoidance](#)
- <https://www.anxietycanada.com/adults/avoidance>
- [Calm Breathing](#)
- <https://www.anxietybc.com/adults/calm-breathing>
- [Progressive Muscle Relaxation](#)
- <https://www.anxietybc.com/adults/how-do-progressive-muscle-relaxation>
- [Recording and Classifying My Worries](#)
- <https://www.anxietybc.com/adults/recording-and-classifying-my-worries>
- [Helpful Thinking](#)
- <https://www.anxietybc.com/adults/helpful-thinking>
- [Challenging Negative Thinking](#)
- <https://www.anxietybc.com/adults/challenge-negative-thinking>
- [Cognitive Coping Cards](#)

- <https://www.anxietybc.com/adults/cognitive-coping-cards>
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- [Problem Solving](#)
- <https://www.anxietybc.com/adults/how-solve-daily-life-problems>
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- [Rethinking the Usefulness of Worry](#)
- <https://www.anxietybc.com/adults/rethinking-usefulness-worry>
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- [Facing Your Fears: Exposure](#)
- <https://www.anxietybc.com/adults/facing-your-fears-exposure>
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- [Reassurance Seeking](#)
- <https://www.anxietybc.com/adults/reassurance-seeking>
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- [Overcoming Perfectionism](#)
- <https://www.anxietybc.com/adults/how-overcome-perfectionism>
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- [Partner Assisted Rituals](#)
- <https://www.anxietybc.com/adults/partner-assisted-rituals>
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- [Rewarding Bravery](#)
- <https://www.anxietybc.com/adults/rewarding-bravery>
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- [Getting a Goodnight's Sleep](#)
- <https://www.anxietybc.com/adults/getting-good-nights-sleep>
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- [Tolerating Uncertainty](#)
- <https://www.anxietybc.com/adults/olerating-uncertainty>
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- [Worry Scripts](#)
- <https://www.anxietybc.com/adults/olerating-uncertainty>
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- [Relapse Prevention](#)
- <https://www.anxietybc.com/adults/how-prevent-relapse>