

1. Record Nr.	UNINA9910793865503321
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Titolo	The anxiety survival guide : getting through the challenging stuff // Bridie Gallagher [and three others]
Pubbl/distr/stampa	London, England : , : Jessica Kingsley Publishers, , [2020] ©2020
ISBN	1-78592-642-X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (226 pages)
Disciplina	152.46
Soggetti	Anxiety Anxiety in youth
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Why adulthood can make us anxious -- What's so hard about being an adult? -- Dealing with all the stuff you can't possibly know -- The challenges of adulthood : a how-to guide -- Getting out and making friends -- What can i do with anxious thoughts? -- I can't focus! how to study with anxiety -- What about moving out? -- Surviving (to thriving) interviews -- Workplace worries -- Anxiety in adulthood: some top tips -- A quick guide to panic attacks -- 'A little bit OCD' -- So how do I stay calm and healthy? -- What is this mindfulness all about? -- Where can I get some extra help? -- Appendix i: living a life that fits with your values -- Appendix ii: testing out your safety behaviours -- Appendix iii: thought challenging sheet -- Appendix iv: compassionate other exercise -- Appendix v: positive activities list -- Appendix vi: self-care plan.
Sommario/riassunto	Co-written with psychologists and a college student who has experienced anxiety herself, this is a relatable and straightforward guide to managing worry in emerging adulthood. As well as providing tried-and-tested advice and exercises that are proven to reduce feelings of anxiety, it includes recovery stories from people who have managed their symptoms successfully. It begins with what is difficult and challenging about young adulthood and how you can deal with uncertainty in life. It goes on to examine change and challenges, giving

tips about what can help in specific scenarios such as exams, relationships, leaving home and interviews. The guide also includes strategies and techniques for coping with panic attacks; self-care; and calming your mind. The guide uses a range of evidence-based approaches, including CBT, DBT, Compassion Focused Approaches and Mindfulness so you can work out the techniques that are best for you. The signposting included throughout guides young adults towards further support. This is essential reading for any young person experiencing anxiety, worry or going through a difficult transition or stressful experience.
