ANXIETY - ADULT TOOLKIT

How to use this guide

- Print (onto both sides if possible) and use it as a worksheet. Add notes next to an item after reviewing it.
- Make an electronic copy for easier access - email (move to a folder or "pin" it); attachment (save to a folder).
- Start with the sections numbered 1 to 9. In section 1, just do the PHQ-9 & GAD-7 unless instructed otherwise.
- Schedule some time at a specific interval to learn and review the information and practice the skills.

1. Assessment Tools

PHQ-9 and GAD-7
- Patient Health Questionnaire and General Anxiety Disorder

Diagnostic Interview Questionnaire

DSM-5 Criteria
- For various anxiety disorders



2. Types of Disorders



- Anxiety
- Social Anxiety Disorder
- Generalized Anxiety Disorder
- Panic Attacks and Panic Disorders
- Post Traumatic Stress Disorder
- Agoraphobia
- Obsessive Compulsive Disorder

3. Tools for Immediate Anxiety Relief

Calm Breathing
- Belly Breathing Exercise
- Breathing Exercise (1-min video)

Progressive Muscle Relaxation
- Handout

Mindfulness
- Handout
- Guided Meditations

Coping Skills
- Handout

4. Free Self-Management Programs

BounceBack® reclaim your health | BRITISH COLUMBIA

BounceBack BC: Free BC-based skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry.

5. Information on Lifestyle Impacting Anxiety

Diet
- Handout
- Canada's Food Guide

Physical Activity
- Handout
- Video
- Exercise and Mental Health

Sleep
- Handout
- Sleep Problems

6. Canadian and BC-based Services

CMHA: Learn about anxiety, resources and treatment. The site offers free, online self-help and evidence-based tools to manage anxiety.

HeretoHelp: Find quality information, learn new skills, and connect with key resources in BC.

Pathways Directory: Select your community and search for free counselling.

Find a Counsellor or Psychotherapist: Search based on location, area of practice, approach used, and language(s) spoken.

Find a Registered Psychologist: Search by city, client type, area of practice, therapy method, and language(s) spoken.

7. Helpful Anxiety Apps

Healthy Minds App: Free app with a combination of podcast-style lessons and meditations.

Download

Mindshift App: Free evidence-based anxiety relief app that uses strategies based on Cognitive Behavioral Therapy to help you learn to relax, be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Download

CBT-i Coach: Free app that will guide users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments.

Download

Require information in other languages? Click Here

ADDITIONAL RESOURCES

8. Cognitive-Behavioural Therapy (CBT) Information

What is CBT?

- Website
- Handout
- App

CBT skills courses

- Living Life to the Full
- CBT - Mind Space

Books

- Mind over Mood



DID YOU KNOW?

CBT has the most evidence for the treatment of anxiety disorders, OCD and PTSD.

9. Relevant Books



- **Mind over Mood**
  by Dennis Greenberger and Christine Padesky
- **The Anxiety and Phobia Workbook**
  by Edmund Bourne
- **The Mindfulness & Acceptance Workbook for Anxiety**
  by George Eifert and John Forsyth
- **Say Goodnight to Insomnia; The Six-Week, Drug-Free Program Developed at Harvard Medical School**
  by Gregg D. Jacobs

My Journey

You can use the below table to document your journey. Fill in a new line every 2-4 weeks and share it with your mental health practitioner at each visit along with an updated PHQ-9/GAD-7 questionnaire (see link at top of first page).

Date	Resource Used	Medication Dose/Frequency	Change Noticed	PHQ-9 Score	GAD-7 Score

My Goals

Enter your **SMART goals** below. Use a more detailed **Action Plan** for more challenging changes.

1. _____
Date: _____
Action Plan: _____
_____
_____

2. _____
Date: _____
Action Plan: _____
_____
_____

3. _____
Date: _____
Action Plan: _____
_____
_____

4. _____
Date: _____
Action Plan: _____
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