

Blue Skies

Anxiety Management &
Peer Support

The Growing Challenge of Anxiety

Anxiety is the gateway to a host of serious behavioral health challenges, it is socially contagious, and, when untreated, anxiety actually can kill. Many of us have loved ones who suffer from poorly managed anxiety. While most of us do have ways of managing our own anxiety, if our healthy self-management practices somehow vanished, we too could be at risk.

Support Mission

Blue Skies supports families and friends with anxious loved ones and those of us suffering from loss related to unmanaged anxiety. We do this through public conversations and introductions to locally available alternative and complementary approaches for managing anxiety.

Monthly Groups

Each Tuesday evening Blue Skies will host small-group conversations. One conversation will provide an opportunity to meet with locally available caregivers who provide alternative and complementary anxiety management services. For example, Hannah Oxley provides breathing

training and coaching. Carrie Sandman provides art therapy. Renae Martin provides sleep coaching. A second conversation will explore managing grief. An additional set of hybrid, virtual and online conversations will allow the public to join civic efforts to manage anxiety. Watch our event calendar for details.

About Blue Skies

Blue Skies RI is a non-profit initiative partnering with the *Baptist Church of Warren* and the *East Bay Recovery Center*.

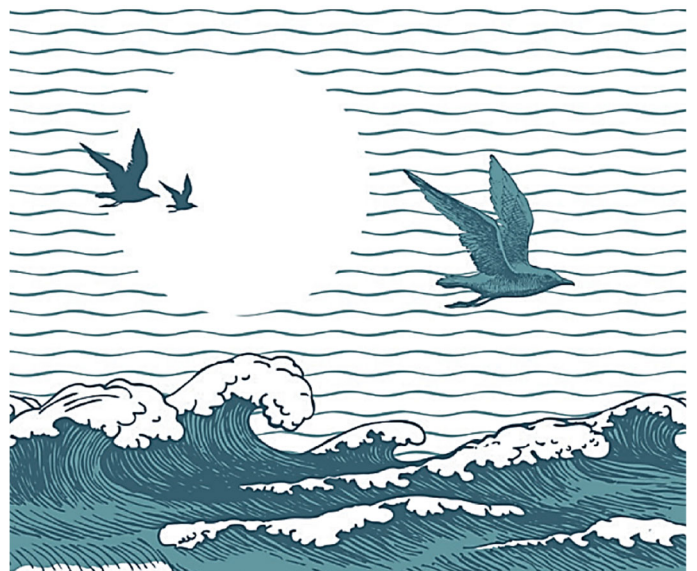


www.BlueSkiesRI.org

Join us!

Tuesday Evenings, 7:00 PM
at the East Bay Recovery Center
31 Railroad Avenue, Warren, RI

Do you want to help?
Contact Tom Flanagan
BlueSkiesRI@gmail.com



Blue Skies' Philosophy

Despite our best intentions, we can often be tragically ineffective in helping our friends and loved ones cope with anxiety. Any suggested way to resolve anxiety may also be a potential way to create more anxiety. Our friends and loved ones don't want to disappoint us in addition to struggling with their other worries.

Frustrated hopes for easy fixes can become reflected back to us. Family and friends often don't know what is available locally for anxiety management skills. Blue Skies' goal is to highlight these resources and create this awareness.

Blue Skies' Understanding

Anxiety is a condition where something that has not yet happened is projected into the present and experienced as fear. This anticipated fear has multiple sources:

- some are organic (requiring medical understanding),
- many are interpersonal (requiring psychological understanding),
- and many others are societal (requiring social understanding).

These three sources of anxiety may be addressable with approaches focused on a combination of:

- 1) the root causes of anxiety,
- 2) the recurrent triggers of anxiety, or
- 3) the immediate experience of anxiety.

Blue Skies does NOT provide medical advice. For those with diagnosed anxiety disorders, insurance, and the fortune of having found a good match with a clinician, Blue Skies seeks only to add to individual strategies for improving anxiety management. For those who struggle with pre-clinical anxiety or with undiagnosed clinical anxiety, Blue Skies hopes to foster connections with local care givers who may provide early help.

Blue Skies' Local Resources

Many of us manage our anxiety through a bunch of different methods and techniques, and care givers offer a range of services and offerings. Blue Skies will host conversations focused on a specific method or technique for relief. These fall into three general and overlapping categories:

Immediate Relief

Methods that disrupt cycles of anxious worry and fear

Aromatherapy	Peer support discussions
Breath training	Self-calming routines
Massage	Telephone calming
Meditation training	
Sauna	

Recurrence Relief

Methods that reduce the incidence of anxiety

Acupuncture	Pets for therapy
Art & craft therapy	Physical adventures
Equine therapy	Poetry as therapy
Exercise therapy	Service animals
Flotation tanks	Sports and dance
Forest "bathing"	Theater therapy
Journaling (creative writing)	Tonal (gong) massage
Martial arts	Work as therapy
Music therapy	Yoga
Nature therapy	

Cause Relief

Methods that remove the triggers of anxiety

Biofeedback (somatic therapy)	Hypnotherapy
Clinical counseling	Lifestyle coaching
Diet management	Neurofeedback
Intimacy counseling	Sleep management
	Spiritual practices