

## Managing Existential Anxiety

During Existential Therapy, you may experience a sense of unease, dread, or anxiety when considering life's bigger questions, perhaps accompanied by:

- Nausea
- Trembling
- Unexpected sense of worry
- Dizziness

*Describe how you currently feel.*

Next, it can help to consider and note positive emotions and experiences:

*Describe three activities that you enjoy.*

*How do they make you feel?*

*What aspects of these activities do you enjoy (for example, learning, engaging with others, doing something physical)?*

*Can you think of ways you may be able to include these aspects in other areas of your life? If so, where?*

Focusing on the positive aspects of your life and including more of them in your day-to-day activities will help you manage concerns as you consider life's important questions and choose a meaningful path.

Dr. Jeremy Sutton