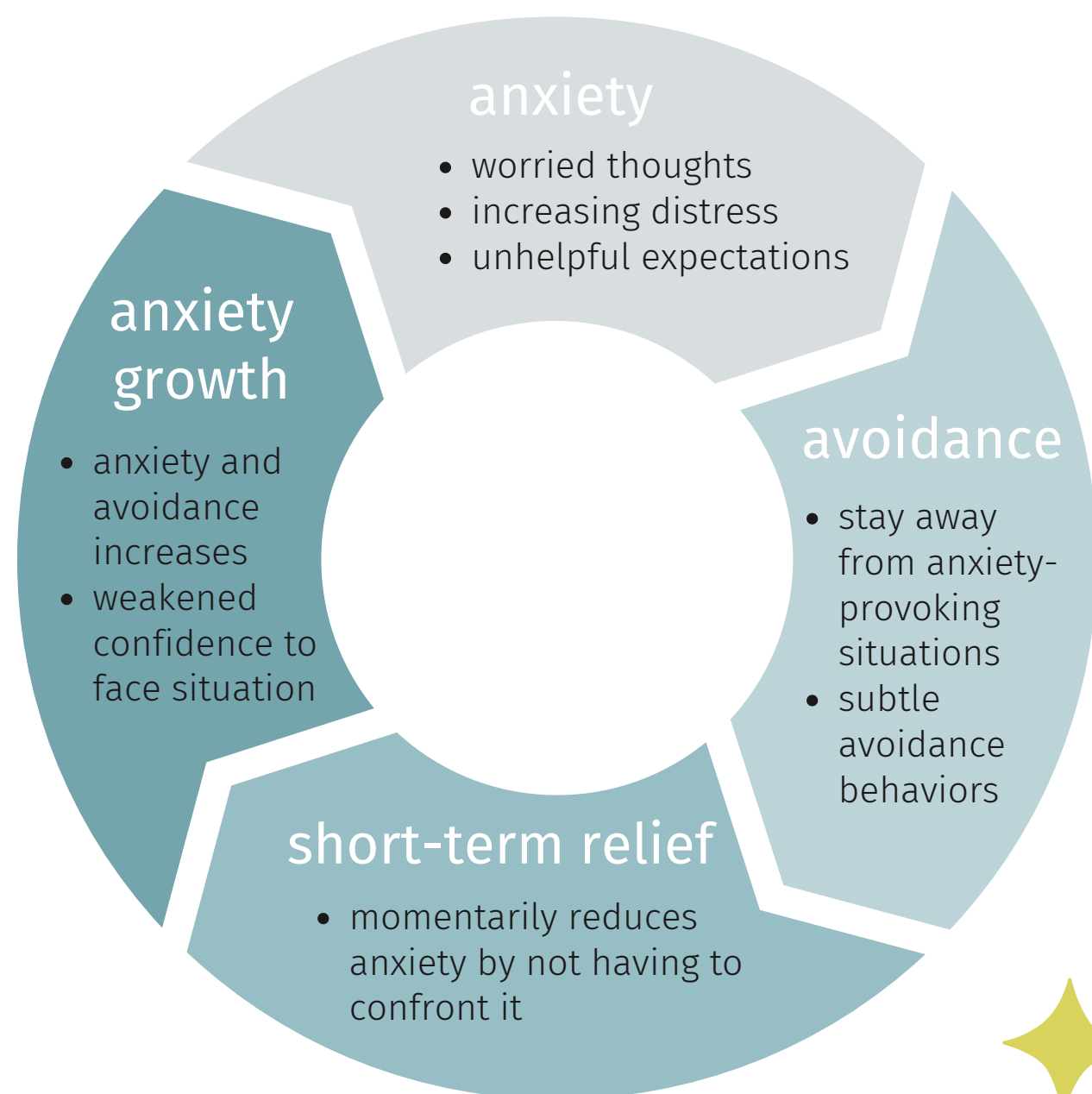


Managing ANXIETY

Anxiety is a common psychological and physical response that everyone experiences at times. Some people may experience anxiety more than others and it can effect daily functioning to varying degrees. Giving yourself permission to feel worried and anxious can help reduce the stress surrounding your experience of anxiety. Learning coping techniques can help you respond to anxiety in a more helpful way.

The Anxiety Cycle



Common Symptoms

- **Physical**
 - increased heart rate
 - rapid/shallow breathing
 - chest tightness
 - headaches
 - muscle tension
 - sweating
 - dizziness
- **Psychological**
 - future-oriented preoccupations and worries
 - avoidance of specific situations
 - feelings of panic
 - potential for intrusive thoughts and concerns

Coping strategies are techniques and practices that can help manage and reduce feelings of anxiety. While it's important to remember that everyone's experience with anxiety is unique, here are some commonly recommended coping strategies:

Coping Strategies

- **Breathe**
 - Taking a couple of slow, low breaths can help slow down your body's physiological response to stress and anxiety. Consistent breathing practice over time helps train your mind and body to respond to stress and anxiety more effectively.
 - **Ideas:** mindful slow-and-low breathing, box breathing, breathing pacer, etc.
- **Use Grounding Techniques**
 - Grounding activities can help turn your attention to the present moment to feel calmer and more clear-headed.
 - **Ideas:** 5-senses technique, color/object identification, thinking or speaking in a foreign language, holding an ice cube, eating sour candy, etc.
- **Examine the Situation**
 - Write down or talk about what you are feeling. Ask yourself the questions you have and reframe them if they don't seem answerable.
 - **Example:** "What if I fail?" can become "What are my options?" "Who can I go to for help with this?"
 - Focus on what you can do about the situation NOW rather than on hypothetical outcomes.
 - Look for solutions.
 - **Ideas:** Set a timer and brainstorm as many options as possible. Choose one of them and take beginning steps in that direction.

