

MANAGING ANXIETY



When we experience anxiety, we might have feelings of nervousness, worry, or unease. Sometimes we might feel physical effects in our bodies, like tension, headaches, aches, and stomach pains. Anxiety is a normal reaction to stress and can be beneficial in some situations, helping alert us to dangers and focus our attention. Anxiety, whether it's situational or a disorder, can be manageable and/or treatable when we use our skills and reach for help when we need it.

BEFORE YOU GET STARTED, PLEASE TAKE A MOMENT TO TAKE A FEW DEEP BREATHS IN AND OUT.

REFLECT:

1. What are you feeling? *Notice and identify your emotions and how your body feels.*

2. What are you worried about? *Identify what is driving your worry, otherwise known as triggers (select all that apply):*

- Work/school
- Health
- Feelings that you don't belong
- Money/finances
- Self-esteem
- Not having a sense of purpose
- Relationships
- Family
- Choices you make
- Other? _____
- Other? _____

3. What are you saying to yourself? *What thoughts do you have--are they helpful or unhelpful?*

| What is your thought? | Helpful | Unhelpful |
|-----------------------|---------|-----------|
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REFLECT:

4. What are the chances it will happen (0-10)? *What evidence do you have that it will happen?*

5. What else could happen? *What are the alternatives?*

6. What are the real chances it will happen? *Get real here; don't just listen to the worry!*

7. What could you do to handle this? *There tons of ways to cope!*

Choose all coping strategies that you could try:

- Breathe
- Ask for help when you need it!
- Go for a walk or run outside
- Cook yourself and eat a nutritious meal
- Take a short nap to refresh
- Read a good book
- Do something that you love!
- Talk to your friends, family, or other loved ones
- Connect with something larger than yourself (nature, a higher being, ancestors)
- Be thoughtful about the substances you put in your body
- Other? _____
- Other? _____

8. What helpful things could you say to yourself now? *"I can handle this," "I do not have to be perfect," "I can ask for help", "This too shall pass."*

1. _____
2. _____
3. _____

REFLECT:

9. How did you do? *What went well? What might you do next time to handle things even better?*

10. How do you feel now? *If you still aren't feeling your best, it may be time to reach out for help.*

**IF YOU OR SOMEONE YOU CARE ABOUT IS STRUGGLING,
HELP IS AVAILABLE!**

Suicide Prevention Hotline: **CALL** 1-(800) 273-8255

Crisis Text Line: **TEXT** "home" to 741741

Visit laxymca.org/mental-health

Congratulations on finishing this worksheet!

How can you take time to care for yourself and reward yourself?

CHALLENGE:

**SHARE ABOUT WHAT YOU NOTICED AS YOU REFLECTED
AND PROCESSED WITH SOMEONE YOU TRUST.**

How might this help you the next time you feel anxious, worried, or stuck?

