



ANXIETY EXPLORED, EXPLAINED, AND REDUCED

Exercises to Help You Survive

ANXIETY

(n) -- 1. The feeling where you stay up at night, stare at your ceiling, ask yourself an infinite number of questions, then sit there and debate on whether or not you actually want to know the answer. 2. The feeling where you wonder who truly cares about you and who is just using you; who is there for you and who is so desperately waiting for you to fail. 3. The feeling where you feel like you're not good enough; that you need to be this, this, and this to be successful and liked. You crave for the attention you know you can't have. 4. The feeling where you get frustrated because it's physically impossible to be 100% happy. You want someone to vent to but no one will understand you. 5. The feeling where you question your value, your worth, your pride, yourself, everything... and you think. Over think. All night. All you're left with, is you, yourself, and a very dark place.

"I don't know where to go from here. I don't even know who I am anymore." said the anxiety.

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Anxiety Explained



Anxiety self-assessment

This is a resource to help you understand your level of anxiety

<https://landing.google.com/screener/anxiety?source=google>

Usually self-diagnosable

Symptoms include stress that's out of proportion to the impact of the event, inability to set aside a worry, and restlessness.

People may experience:

Behavioral: hypervigilance, irritability, or restlessness

Cognitive: lack of concentration, racing thoughts, or unwanted thoughts

Whole body: fatigue or sweating

Also common: anxiety, excessive worry, fear, feeling of impending doom, insomnia, nausea, palpitations, or trembling

A mental health disorder characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities

Examples of anxiety disorders include panic attacks, obsessive-compulsive disorder, and post-traumatic stress disorder.

Symptoms include stress that's out of proportion to the impact of the event, inability to set aside a worry, and restlessness.

Treatment includes counseling or medications, including antidepressants.



Helpful LINKS

<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/anxiety-disorders/>

<https://www.healthline.com/health/anxiety-symptoms#symptoms>

<https://medlineplus.gov/anxiety.html>

ANXIETY RELIEF EXERCISES



As soon as you feel the tightness and/or jittery feelings, do the following to relieve the anxiety symptoms.

- Open up your body.
- Move, stretch, and be physically active.
- Breathe in this way: in through your nose and out through your mouth. Like blowing out a candle.
- Repeat at least two times.
- Monitor you're "self-talk."
- Keep what is being said in your head positive: "Been here, done this and I survived. I can calm myself."

- I will be okay, etc.

Now slowly complete the following:

- FIVE-things you can see.



- FOUR-things you can touch



- THREE-things you can hear



- TWO-things you can smell



- ONE-What are you feeling right now? This needs to be an emotional feeling; mad, sad, glad, etc.



Feeling better yet?

Repeat as often as needed.....

***Move,
*Breathe,
*Self-talk,
*5,
*4,
*3,
*2,
*1.**



WHEW-Feelin' Better?