

# IS ANXIETY TAKING CONTROL?

## THE ANXIETY TOOLKIT



What does anxiety feel like? It can be a sense of the jitters, tension, short-temperedness, increased heart rate and/or increased respiratory rate. You might be constantly worried but not always sure why. Any little thing that goes wrong feels like it is going to lead to a sure catastrophe. Perhaps you are awake at night ruminating over something you said or wish you'd said to someone. Maybe you create elaborate conversations of upcoming conflict, "She'll say....and then I'll say...". Do any of these patterns sound familiar?

Anxiety is a normal part of the human experience. It alerts us to potential threats and forces us to face the barriers to our goals. Anxiety is typically temporary and can drive us toward change and growth. When it overwhelms us it can lead to stagnation and constant worry without necessarily knowing why. If you find yourself avoiding people or activities because of anxiety, it is important to recognize the negative impact it is having on your life and find the tools and resources to start taking back control. There is help!



### The Anxiety Toolkit

You can't eliminate anxiety. But you can adjust your behavior and connect with the tools and resources you need to find some relief and start living a fuller life.

#### TAKE A TIME OUT

Step back from the problem. Count to 10, breathe deeply, meditate, get a massage, clear your head.

#### EAT A HEALTHY DIET

Eat a balanced diet and add energy boosting snacks. Avoid alcohol, sugar, and caffeine which can aggravate anxiety.

#### EXERCISE

You may not feel like exercising but put it to the test. Go for a brisk walk and feel the shift in your hormones that can take you to a more positive state.

#### GIVE BACK

Giving back puts things into perspective, creates a support network for others, and can make you feel amazing.

Sources: [www.adaa.org](http://www.adaa.org)  
<https://www.anxietycanada.com/adults/anxiety-101>  
<https://www.medicalnewstoday.com/articles/323454.php>

#### LET GO OF CONTROL

Recognize and put your efforts where you have influence. Let go of what you have no power over.

#### ACCEPT YOUR BEST

Ditch the idea of perfection. Sometimes good enough is good enough. Be proud of the efforts made.

#### LEARN YOUR TRIGGERS

Look for patterns at the onset of anxiety. Is it a past event? An unresolved issue at work or with family or a friend? Identify your triggers for better management.

#### TALK ABOUT IT & FIND SUPPORT

Let friends and family know how you are feeling. Talk to your physician, therapist, or mental health professional. Seek the support you need when you need it.