

ANXIETY

Understanding, Compassion, and Tools for Relief

Anxiety is more than worry—it is a response to stress or fear that can affect your mind, body, and daily life. You are not alone, and with the right support and tools, you can find calm, confidence, and relief.

WHAT IS ANXIETY?

Anxiety is your body's natural response to stress. It can help keep you safe in dangerous situations. However, when anxiety is intense, frequent, or lasts a long time, it can interfere with your daily life.

*It's okay to feel overwhelmed.
It's not okay to stay overwhelmed.
Help is available.*

COMMON SIGNS OF ANXIETY

-  Racing thoughts or constant worry
-  Feeling restless or on edge
-  Muscle tension and body aches
-  Stomachaches, nausea, or digestive issues
-  Difficulty sleeping or staying asleep
-  Trouble concentrating
-  Irritability or feeling easily overwhelmed
-  Avoiding situations or people

TYPES OF ANXIETY

-  **Generalized Anxiety Disorder (GAD)**
Excessive worry about everyday things.
-  **Panic Disorder**
Sudden panic attacks and intense fear.
-  **Social Anxiety**
Fear of social situations or being judged.
-  **Specific Phobias**
Intense fear of specific objects or situations.
-  **Health Anxiety**
Excessive worry about your health.
-  **Post-Traumatic Stress Disorder (PTSD)**
Anxiety after experiencing or witnessing trauma.

WHAT CAN TRIGGER ANXIETY?

-  Stressful life events
-  Pressure from work, school, or daily responsibilities
-  Relationship conflicts
-  Lack of sleep or poor self-care
-  Past trauma or unresolved emotions
-  Caffeine, alcohol, or substance use
-  Negative thought patterns






You are allowed to take up space, rest, and put yourself first.

TOOLS TO MANAGE ANXIETY

-  **Deep Breathing**
Slow, deep breaths calm your nervous system. Try the 4-7-8 method.
-  **Grounding Techniques**
Focus on the present moment using your senses. Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.
-  **Movement**
Exercise releases built-up stress and boosts mood.
-  **Mindfulness**
Being present helps quiet anxious thoughts and brings peace.
-  **Journaling**
Writing down your thoughts can help you process and feel more in control.
-  **Healthy Habits**
Prioritize sleep, nutrition, hydration, and time for self-care.
-  **Reach Out**
You don't have to go through this alone. Support makes a difference.






WHEN TO SEEK HELP

Consider reaching out to a professional if anxiety is:

-  Interfering with your daily life
-  Making it hard to work or study
-  Affecting your relationships
-  Causing physical symptoms
-  Hard to manage on your own

Asking for help is a sign of strength.

REMEMBER

-  Anxiety is treatable.
-  You are not your thoughts.
-  Small steps lead to big changes.
-  You deserve peace and healing.
-  You are stronger than you think.

YOU ARE NOT ALONE

Healing is possible, and support is here for you.

*One breath.
One moment.
One step at a time.*