

Managing My Anxiety

Creating A Safe Place

- Imagine a place where you feel completely safe.
- This is a place where you can be vulnerable, without judgment, without shame, without fear.
- It can be somewhere you've actually been or it can be imaginary. {Common places are beaches, a cozy cabin, waterfalls, or the forest}
- What do you see? Smell? Hear? Feel?
- This place that you have created is where you can go when things start to feel stressed. It's a place in your mind that you can find sanctuary and try to see the challenges ahead of you from a positive perspective.



What Is My Lens?

- How do I feel about myself? What beliefs do I have about myself?
- How do I see those around me?
- How do I feel stress in my body?

Re-focusing My Lens

- What works for me to calm my body and mind?
- What are my thoughts and perceptions about this situation and the people around me?
- Are these perceptions true and do they match my values?
- Practice forgiveness {For self and others}



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Build Resiliency

***Connect spiritually**

Some questions you might ask yourself to explore your spirituality-What kind of a person am I? What is my purpose in life? What do I want to be remembered for? Does everything happen for a reason? How can I live my best life?

***Tend to the mundane**

We need to make a list of the things we have to take care of and start checking them off. Otherwise, it starts to become overwhelming.

***Pursue your passions**

Make another list. This one is of all the things you enjoy doing. Or things that you are interested in but haven't tried. What are the things that bring you joy?

Start by checking off the small mundane things so you are free to start checking off the things that bring you joy.



Progressive Muscle Relaxation Exercise

When your body is physically relaxed, you will feel less anxious. This practice can help relax your mind and body when you are feeling stressed or anxious.

In progressive muscle relaxation, you tense a group of muscles as you breathe in, and you relax them as you breathe out, working on your muscle groups in a particular order. By focusing on tensing and relaxing muscles individually, you become focused on the present.

You might want to use an audio recording to help guide you as you begin this practice. Check your local library or online for progressive muscle relaxation audio recording.

