

THINGS TO KNOW

ABOUT ANXIETY

**ANXIETY IS CONSIDERED A
NORMAL AND APPROPRIATE
RESPONSE!!!**

- IT IS WHEN ANXIETY BECOMES INTENSE AND DOMINATES YOUR EMOTIONAL LIFE, WHEN YOU NEED TO UNDERSTAND ANXIETY BETTER
- THERE ARE MANY DIFFERENT OPTIONS TO DEAL WITH ANXIETY.
- UNDERSTANDING ANXIETY IS A THE KEY TO HEALTH!

conscious therapy and wellness

p: 347-201-3165 e: info@lynnemattephd.com



TIPS FOR COPING

A
journey of a thousand miles must begin with a
single step. Lao Tzu

- ♥ Explore your feelings and thoughts with a counselor.
- ♥ Let your self be with the sensation
- ♥ It may also help to remember that the sensations usually lessens over time, and that you won't always feel so anxious.
- ♥ Explore your feeling and your thoughts.
- ♥ Find positive soothing habits e.g. meditation.
- ♥ Adopt a healthy lifestyle.

KNOW YOUR TRIGGERS

Negative thoughts

Fast Breathing



BODY SCANNING

To help identify areas of tension:

Close your eyes.

Starting with your toes and moving up your body, ask yourself, “Where am I tense?” Whenever you discover a tense area, exaggerate it slightly so you can become aware of it.

Be aware of the muscles in your body that are tense. Then, for example, say to yourself, “I am tensing my neck muscles . . . I am creating tension in my body.”

Note that all muscular tension is self-produced. At this point, be aware of any life situation that may be causing the tension in your body and what you could do to change it.

BREATH WORK

Whenever you feel anxious,
panicky or uptight

1. Let your breath go (don't breathe in first).
2. Take in a slow, gentle breath, breathing in through your nose.
3. Hold it for a second or two (count to four).
4. Let it go, slowly with a leisurely sigh of relief out your mouth.
5. Make sure your teeth are not clenched together.
6. Repeat 4 times

This exercise forces your shoulders down and it relaxes the abdomen – both areas where tension gathers.

It also gives you a short break to **QUITE** your mind and get back in control.

