



Anxiety Toolbox

Anxiety is a feeling of worry or unease in response to the anticipation of a future event or outcome. For some, it's limited to those fleeting butterflies before a big presentation. For many others, it can present as a debilitating roadblock that affects one's ability to function in everyday life. Anxiety disorders are the most common mental disorder today, yet two-thirds of those impacted never seek help. Living with anxiety can feel isolating. The good news is that there are coping tools at your disposal that can help you feel more equipped to face anxiety when stress or worry try to take over.

Tool Box Ideas

While we can't always control the stressors in our lives, deploying certain lifestyle changes and the right coping tools can limit their impact on our everyday life. Think of these as tools in a toolbox, to be used when needed:

Journaling — pour your thoughts and stress onto paper to let go of the anxiety you feel.

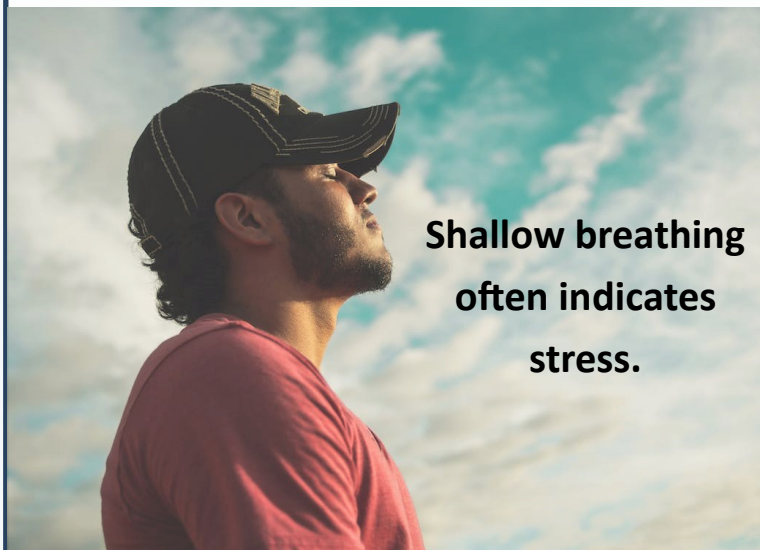
Relaxing habits — listen to relaxing music, practice yoga, or take a meditation break.

A support network — have someone to talk to so you feel less isolated or alone.

Walk/exercise — channel your stress and anxiety into physical activity to produce feel-good chemicals in your brain.

Your toolbox — identify what helps *you* feel most grounded and make a list you can readily tap into in times of need.

Did you Know?



**Shallow breathing
often indicates
stress.**

The next time you feel anxious, pay attention to your breath. Try **4-4-6 breathing** as part of your toolbox, and repeat 3 times:

Breathe in to a count of 4

Hold your breath to a count of 4

Breathe out to a count of 6

“Worry pretends to be necessary but serves no useful purpose.” - Eckhart Tolle