

Feeling Anxious & Tips to Cope



What is Anxiety?

Anxiety is when you feel scared, worried or panicky about something. It's a normal, human feeling and your body's natural response to stress or danger.





Introduction to Anxiety

Anxiety is the body's response to situations that are interpreted as threatening. Without any anxiety, you would probably make last-minute impulsive decisions, such as acting without thinking of the consequences. However, too much anxiety can lead to avoidance or unpleasant physical, emotional and cognitive symptoms.

What are three things that trigger your anxiety?

- 1.
- 2.
- 3.

What are three physical symptoms that you experience when you feel anxious?

- 1.
- 2.
- 3.

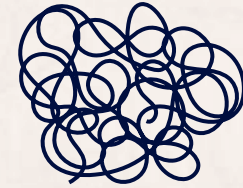
What are three thoughts that you tend to have when you feel anxious?

- 1.
- 2.
- 3.

What are three things you can do to cope when you are anxious?

- 1.
- 2.
- 3.

Where does anxiety come from?



Fight,
Flight,
Freeze

Symptoms



Physical

- Heart palpitations
- Shortness of breath
- Sweating
- Difficulty concentrating
- Headaches
- Fatigue
- Nausea
- Chest pain
- Blushing
- Clammy hands
- Difficulty making eye contact
- Stomach aches or "butterflies"



Psychological

- Irritational or excessive worry
- Feelings of self-consciousness
- Fear of judgment
- Feelings of being out of control
- Feeling tense
- Anticipating the worse





Why do you
think anxiety
may make you
feel irritable?

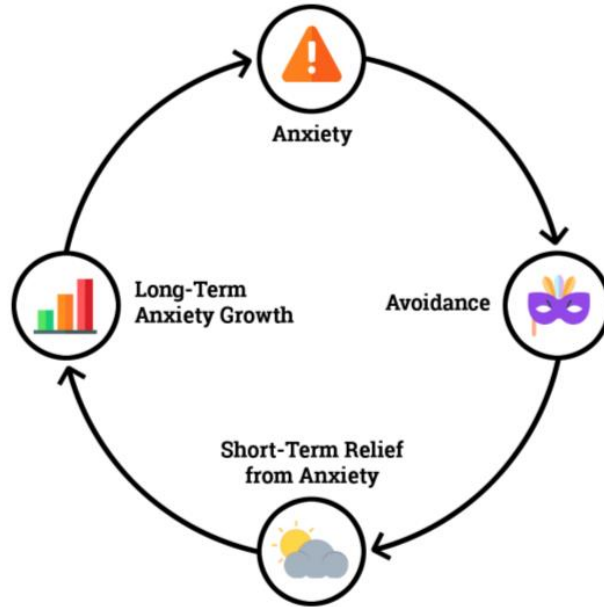


Irritability comes from..

Your body and mind being overwhelmed with worry, which may then result in you feeling stressed and depleted of energy.

This can make it difficult for you to shrug off or ignore things as you normally would be able to. In turn, this can cause you to become more irritable and angry quicker.

The Cycle of Anxiety



Anxiety

An anxiety-producing situation leads to uncomfortable symptoms such as worry, fear, a racing heart, sweating, or a feeling of being overwhelmed.

Avoidance

Uncomfortable symptoms are controlled by avoiding the anxiety-producing situation. Examples of avoidance include:

- Skipping class to avoid giving a presentation
- Using drugs or alcohol to numb feelings
- Procrastinating on challenging tasks

Short-Term Relief from Anxiety

Avoidance of the anxiety-producing situation gives an immediate sense of relief. The symptoms of anxiety lessen, but only temporarily.

Long-Term Anxiety Growth

The fear that initially led to avoidance worsens, and the brain learns that when the anxiety-producing situation is avoided, the symptoms go away. As a result, the symptoms of anxiety will be worse the next time, and avoidance is more likely.

Catastrophizing

- Expecting the worst
- Imagining all future outcomes as horrible
- We trick ourselves into believing that if we expect the worst, we can prevent it

However...

- Seeing the worst, invites the worst
 - Cut ourselves off from opportunities
 - Invite the problems we are hoping to avoid – i.e. not asking a crush out because we expect them to reject us





What can you do
to cope when you
feel anxiety?

Coping Skills

- Focus on what you can control
- Try to stick to your schedule while you are at home. Maintaining structure helps alleviate anxiety
- Eat healthy, get an adequate amount of sleep
- Be mindful of how much social media you are exposed to. Take social media breaks and incorporate positive messaging into your scrolling
- Hobbies
- Connect with others. Talk with people you trust about your concerns and how you are feeling
- Your mental health is important! Do not hesitate to seek help when you need it



Coping Skills

Grounding Exercise

Grounding means to bring your focus to the present. It means to be aware of what's happening physically, either in your body or in your surroundings; instead of being trapped in your mind where unhealthy thoughts are making you feel anxious.

HOW TO:
5 4 3 2 1 *Grounding Technique*
FOR STRESS & ANXIETY

5	THINGS YOU CAN SEE	
4	THINGS YOU CAN TOUCH	
3	THINGS YOU CAN HEAR	
2	THINGS YOU CAN SMELL	
1	THING YOU CAN TASTE	

Coping Skills



Anxiety can be magnified by irrational thoughts.

For example, the thoughts that "something bad will happen" or "I will make a mistake" might lack evidence, but still have an impact on how you feel.

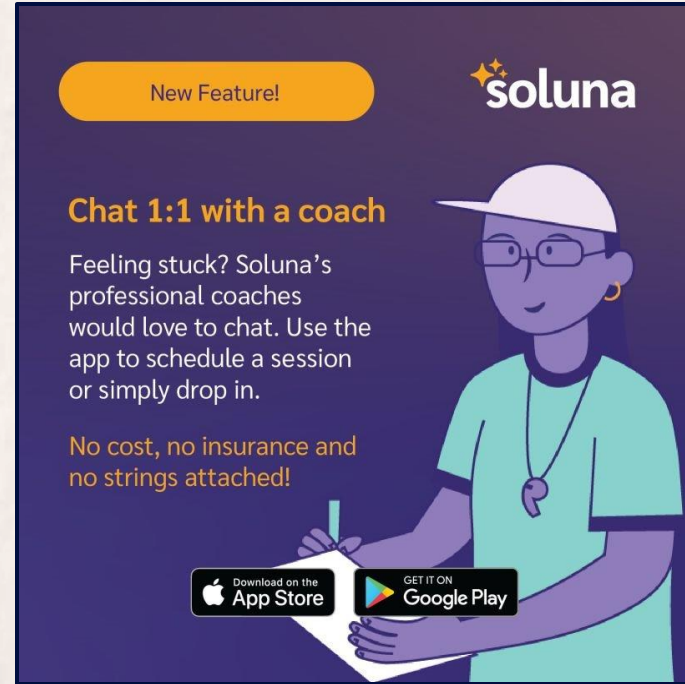
By examining the evidence and challenging these thoughts, you can reduce anxiety.

SOLUNA MENTAL HEALTH APP



Confidential support for your own mental health journey. No cost. No pressure.

Chat 1:1 with a professional coach, use interactive tools to destress, or explore quizzes, videos, forums and more.



Thanks!

Your counselors are always here for you.



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