

ANXIETY QUICK HELPS

6 morning reminders to help you start your day off right:

1. Today is a new day filled with opportunities and potential.
 2. Progress is progress no matter how small.
 3. You are not defined by other people's opinions.
 4. Think about who you want to be today, not what you need to do.
 5. You are stronger and more capable than you feel or think.
 6. Your thoughts are not facts.
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6 statements to help you release evening anxiety:

1. I did my best today and that is good enough
 2. Tomorrow is another day for me to use my skills & talents to help others
 3. Today I learned _____ and I am grateful for _____.
 4. I am proud of myself for doing _____ today.
 5. My thoughts and feelings are temporary.
 6. My level of productivity or checklist does NOT determine my worth
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Just because something is familiar does not mean it's good for you.

Just because something is unfamiliar does not mean it's bad for you. Just remember: healing and growth will not feel familiar, good, or comfortable.

How to refuel your emotional tank:

1. Tap into your inner child. Little children always have so much energy! Maybe watch a funny show that reminds you of simpler times.
 2. Tap into familiar & secure connection: call your mom or have a dinner party with close friends.
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4 Things to tell yourself when feeling anxious:

1. Thoughts and emotions are not facts or my boss.
2. I am thankful for this warning signal that I need to do some inner work.
3. I've made it through tough times before – I will make it through again.
4. This feeling won't last forever.

Going down a toxic overthinking spiral?

Visualize a red stop sign and go into positive distraction for a few minutes (listen to a podcast, talk to someone, exercise). When you return to the issue you will find it's not as demanding. Distractions can be amazing mental health tools!

7 Practical Ways to Manage Overwhelming Worry:

1. See your anxiety as a learning experience. (What can you learn from this? What is this situation telling me about myself?)
 2. Distract yourself, temporarily.
 3. Don't go to bed anxious. (Write your thoughts out before sleep - don't analyze or fix them, just write)
 4. Have a game plan when you start worrying about the future.
 5. Surround yourself with the right people.
 6. Respond - don't react. (Pause between stimulus & action to evaluate)
 7. Shift your attention. (Acknowledge your anxiety, but don't dwell on it)
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YOUR PACE MAY BE NEEDING ADJUSTMENT, NOT YOUR PURPOSE.

Next time you find yourself getting anxious because you think someone doesn't like you or something is going to go wrong ask yourself: "Who told you that?"

Often you'll find that you don't have an answer and your thoughts, while real and valid, are untrue.

Worrying about the future tricks us into believing we can control the

future. Worry is an understandable attempt to reduce uncertainty but can often cause more problems. If you stress too much about something **before** it happens, you are putting yourself through it twice.

A better approach:

1. Identify what future uncertainty is causing the most fear.
2. Create a game plan for the best and worst outcome.
3. Set a 5 minute timer to allow yourself to worry so you don't suppress.
4. Focus more on solutions rather than negative outcomes.
5. Talk to someone you trust