

Anxiety

NELP



What is anxiety: Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come. It is normal to feel anxious, but anxiety that persists or feels out of control is a problem.

Ways to cope with anxiety:

1. Question your thought patterns
2. Write about your feelings and positive events
3. Focus on controlling things that are under your control
4. Learn to tolerate, and even embrace, the inevitable uncertainty
5. Shift your attention away from the negative things
6. Focus on the present
7. Challenge your need for certainty



- Ask:
- What are the advantages and disadvantages of certainty?
 - How much can we be absolutely certain about in life?
 - Do we assume the worst just because an outcome is uncertain?

To downshift your pandemic anxiety:

1. Limit all your non-essential travels
2. Wear a mask
3. Be proactive
4. Selectively watch the news
5. Contact a loved one
6. Create a routine

Signs of an anxiety attack:

1. Feelings of danger, panic, or dread
2. Extreme nervousness or restlessness
3. Rapid Heart rate
4. Abnormal sweating
5. Trembling or chills
6. Abnormal tiredness or weakness
7. Gastrointestinal problems
8. Difficulty focusing
9. Hyperventilating

If your anxiety persists over time and significantly interferes with your life, you should:



1. Contact a professional; such as doctors and/or counsellor
2. Call Anxiety Canada: 604-259-0627 or 604-620-0744
3. Attend group counselling

Potential causes/triggers of anxiety

1. A stressful job/work/ home environment
2. Driving or traveling
3. Genetics _____
4. Withdrawal from drugs or certain medications _____
5. Trauma _____
6. Phobias
7. Post-Partum Anxiety

Keep your body healthy:

- Exercise regularly
- Eat balanced meals
- Get enough sleep
- Stay connected to loved ones
- Aromatherapy
- Regularly practice focused, deep breathing

Savor the moment:

Pick an activity to do each day where you are going to be completely in the moment.

Experience the moment with each of your 5 senses.



Examples:

1. Having a cup of tea
2. Listening to your favorite song
3. Taking a warm shower

Symptoms of a panic attack:

1. Fear of dying
2. Feeling like you're losing control
3. A sense of detachment
4. Heart palpitations
5. Shortness of breath
6. Chest pains or tightness
7. Nausea
8. Feeling lightheaded or dizzy
9. Numbness or tingling in your extremities
10. Feeling hot or cold

