

# **EMOTIONAL WELLNESS: ANXIETY**

## **Identify Triggers**

- Keep a diary to identify triggers that worsen anxiety.

**Some triggers I've identified are:** \_\_\_\_\_

\_\_\_\_\_

- Record times when anxiety is worse. For instance, anxiety can increase when medications wear "off."

**I've noticed my anxiety is worse when:** \_\_\_\_\_

\_\_\_\_\_

## **Address Your Anxiety**

- Talk with your doctor about treatment that can include medicine, relaxation techniques, counseling, mindfulness and coping strategies.
- Learn to breathe. Simple exercises consisting of 10-20 slow, steady deep breaths can be calming.

## **Reduce Stimulants**

Avoid nicotine, diet or energy pills and caffeine.

| <b>Substance</b>    | <b>Current Use</b> | <b>Goal for Reducing</b> |
|---------------------|--------------------|--------------------------|
| Nicotine            | _____ x week       | _____ x week             |
| Energy pills/drinks | _____ x week       | _____ x week             |
| Diet pills          | _____ x week       | _____ x week             |
| Caffeine            | _____ x week       | _____ x week             |

## **Implement Relaxation Techniques**

- Try breathing exercises, guided imagery, biofeedback, meditation or prayer. Many community, recreation and senior centers offer meditation or yoga classes. There are also many good books from which you can learn more about these techniques.
- Plan relaxation breaks during the day. Take a moment to take a breathe deeply, slowly inhaling and exhaling 10 times to prevent an anxiety attack (or to calm one in progress).
- Use soft or meditative music, or guided meditation or yoga videos to help you relax. Establish a quiet space at home for relaxation. Try using aromatherapy, soft lighting and soothing surroundings to help you relax.



## **WORKSHEETS AND RESOURCES**



## Change Your Habits

- Avoid taking on too many tasks or always saying “yes.” Maintain a routine, and prioritize chores and commitments by making lists. An occupational therapist can help with this.
- Exercise to help relieve tension. Gentle stretching helps relax the face, shoulders and back. Try yoga or tai chi.
- Talk about your feelings of stress or anxiety with loved ones. Consider sharing your observations about what triggers these feelings, and talk about how they can support your efforts to reduce stress and anxiety in your life.
- Take a moment for yourself. Try a soothing cup of tea; chamomile, lemon balm or valerian root may have anxiety-fighting benefits for some people.