

# *Feelings of* **ANXIETY** *Don't Define Us!*

## **IF YOU FEEL:**

Thoughts Racing

Difficulty Concentrating

Constant Worries or Fear

Feelings of Impending Doom

Trouble Sleeping or Restlessness

Mentally or Physically Overwhelmed

Panic Attacks, Feelings of a Heart Attack

Stomach Aches, Headaches, or Trembling

Irregular Breathing or Trouble Slowing Your Breath

## **Anxiety Can Be Helped By:**

Practice Square Breathing: breath in for 4 seconds,  
hold for 4, out for 4, repeat 10 times

Using positive self-talk, acknowledging the  
difficulty, repeating positive affirmations

Changing scenery, getting outside, visiting  
a friend, connecting with others

Prioritizing enough sleep and building  
healthy sleep patterns

Walking outside, Meditation or Yoga,  
going for a run, playing a sport

Decreasing or eliminating caffeine,  
alcohol, and social media use

If you need immediate assistance, know someone who does, or are unsure  
what to do, support is available through all of these support lines:



**988** | SUICIDE & CRISIS  
LIFELINE

<https://chat.988lifeline.org/>

**CRISIS TEXT LINE** |

Text NATIVE to 741741

**EAP** 24 HOURS A DAY

800-222-0364 | [FOH4You.com](https://www.foh4you.com)