

When you're anxious **ONCE IN A WHILE**

Your anxiety may be a natural response to a significant transition or unexpected crisis in your life. You could experience brief periods of intense emotions, but they don't seem to last.



QUICK TIPS

- Your emotions aren't bad, it's ok to feel anxious sometimes.
- The impact of your uncertainty will lessen with time.
- Consider your physical, social, and spiritual health.

Action Steps (CHOOSE 5 THIS WEEK)

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| <input type="checkbox"/> JOURNAL | Take 20 minutes and write about the cause of your feelings. |
| <input type="checkbox"/> BREATHE | Practice some deep breathing to regulate your nervous system. |
| <input type="checkbox"/> HEALTH | Make a healthy food choice (eg. choose a fruit over chips). |
| <input type="checkbox"/> FRIENDS | Text a friend and set a date to connect. |
| <input type="checkbox"/> ACTIVITY | Go for a walk today. <i>Get your body moving.</i> |
| <input type="checkbox"/> GROUND | Ground yourself by naming things you see, hear, or smell. |
| <input type="checkbox"/> SLEEP | Go to bed early tonight. |
| <input type="checkbox"/> SPIRITUAL | Connect with your faith for emotional support. |
| <input type="checkbox"/> TASK | Accomplish one task. Stop and celebrate! |
| <input type="checkbox"/> HELP | Look for a way to serve others. |
| <input type="checkbox"/> EXPRESS | Find a creative way to express your anxiety. |
| <input type="checkbox"/> CALM | Do something that makes you feel calm and optimistic. |

Remember

If your emotions intensify or don't improve after a few weeks, consider seeking professional help.