

# MEDIUM INTENSITY GUIDE

**Get help now  
#988 (Call or Text)**

## When you feel anxious **REGULARLY**

Feeling angry sometimes is a normal part of life. However, when anger becomes a regular occurrence, it may be time to take purposeful action to address your emotions.



## QUICK TIPS

- Remember, your emotions are natural and normal.
- If you feel stuck, reach out for professional support.
- Consider your physical, social, and spiritual health.
- Your anxious tendencies may be moving toward a chronic anxiety disorder.

## Action Steps (CHOOSE 5 THIS WEEK)

- |                                    |   |
|------------------------------------|---|
| <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"/> SHARE     | Let a trusted friend know how you're <i>really</i> doing.     |
| <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.         |
| <input type="checkbox"/> COUNSEL   | Consider chatting with a professional counselor.              |

## Remember

When your feelings of anxiety stick around and start interfering with your life, you may be experiencing a chronic anxiety disorder. A psychological anxiety disorder is a serious medical condition. It is not weak or selfish to ask for help, and you're not a burden. Taking steps now to help yourself heal can save you from serious consequences down the line.