

Understanding anxiety

Anxiety is how your body reacts to stress. It can last for a short amount of time or last much longer and begin to interfere with everyday life. Anxiety can cause increased worry, sleep issues, headaches, difficulty concentrating, or high blood pressure. It often comes out of nowhere. You can learn how to better handle your anxiety by figuring out what situations might trigger it.

Identifying your anxiety

Knowing what situations make you feel anxious can help you manage these feelings. This will help life feel less stressful and more balanced.

Coping exercises to help reduce anxiety

Reduce your anxiety triggers by finding an activity to help you cope, like:



Taking a walk



Writing down
your feelings



Talking with
someone you
trust



Practicing
deep
breathing



Meditating for
15-20 minutes



Eating healthy
and staying
hydrated



We're here to listen

Your care team can help when you're struggling.
Reach out to them when you need support.

Anxiety assessment tool

Start by assessing your anxiety

Rate your level of anxiety on a scale of 1 to 10:

1 **2** **3** **4** **5** **6** **7** **8** **9** **10**

I feel no anxiety I feel the most anxiety

Questions to ask when you feel anxious

What situation or event am I reacting to?

What do I think is going to happen? What will most likely happen?

What can I do to cope with my anxiety and reduce the triggers that are making me feel anxious?

Rate your anxiety again

Complete your coping exercise, then rate your level of anxiety again below:

1 **2** **3** **4** **5** **6** **7** **8** **9** **10**

I feel no anxiety I feel the most anxiety

Did the number go down? If not, talk to your social worker about exploring additional coping exercises.