

HELP FOR REDUCING ANXIETY

1. Check-in on the news, but don't binge-watch:

You know the more you watch, the worse you likely feel. Stay in the middle of the road. If you move to the ditch on the one side, you'll do nothing and take unnecessary risks. You may even unwittingly hurt someone you care about. If you move to the ditch on the other side of the road, you may bog yourself down with immobility.

- * Set a timer to what you know your own limit ought to be. Try no more than 15 minutes per day.
- * Or have a trusted person keep you updated on what you need to know.
- * Make sure your resources are reliable. Many are not.

2. Fill your mind with healthy thoughts:

If you're feeling anxious, you are likely to become overwhelmed with negative thoughts. Your thoughts control your emotions, but you can choose how to think. You can't necessarily choose what thoughts enter your mind, but you can choose what to do with them.

- * It's normal and acceptable to feel anxiety and fear, so forgive yourself
- * This, too, will pass
- * Practice gratitude
- * Stay in the present. What is okay this very moment?
- * Challenge your thoughts
- * Distract yourself with enjoyable music, movies, and books
- * Keep in touch with encouraging people

- * Speak what is positive, hopeful and encouraging
- * Keep in touch with discouraging people, within limits. Know your limits and be the one to pull the other up rather than letting the other pull you down

3. Anxiety is also physical. Reduce symptoms every half hour by:

- * mindfulness breathing (close your eyes, focus on your breathing)
- * deep breathing into the diaphragm
- * grounding yourself (become aware of what you see, smell, hear, taste and can touch)
- * using your imagination to recall a safe, calm place you have been, and use your five senses
- * walk, run, get fresh air
- * laughing and dancing. Use this opportunity to have some fun
- * loving kindness toward others. They also are going through something.

4. Work through your emotions or let go of them.

- * laugh and cry. Express yourself well. Don't just hold emotions in. They will find a way out and it likely will be through anger, depression and/or anxiety.

5. Keep healthy boundaries.

This is not the time to get into heated discussions with those around you who trigger you. If your friend tends to sap your mental and emotional resources, get better control over how wide you open the door to that person.

6. Broaden your perspective. Measures being taken are prevention. And remember,

- * People have lived through famines, wars, earthquakes, and pandemics, etc

* Let go of trying to control things you do not have control over.

7. Tap into faith. Many believe in God and have found peace.

If there is a creator, then the creator who created the universe is not too small to take care of this and you. So pray.

Get additional help if you need it.

Our therapists are available with online or telephone appointment times. Contact us at susan@rockofpeace.com or 416-802-4648.