

# MANAGING ANXIETY FOR FAMILIES



# WHAT IS ANXIETY

**Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.**

Everyone has feelings of anxiety at some point in their life. For example, you may feel worried and anxious about sitting an exam, or having a medical test or job interview or children going back to school

During times like these, feeling anxious can be perfectly normal.

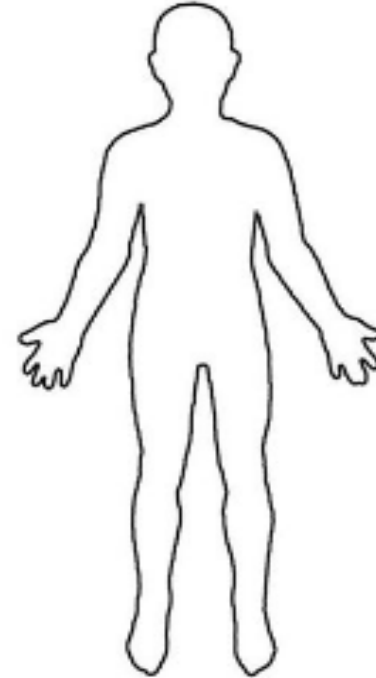
But some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily lives.



# SOME OF THE SYMPTOMS OF ANXIETY

## Physical symptoms

- Increased heart rate
- Increased muscle tension
- “Jelly legs”
- Tingling in the hands and feet
- Hyperventilation (over breathing)
- Dizziness
- Difficulty in breathing
- Wanting to use the toilet more often



# ACTIVITIES ON MANAGING ANXIETY



## Ways to calm down your mind

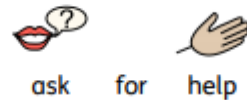
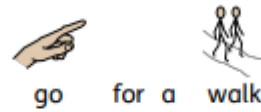
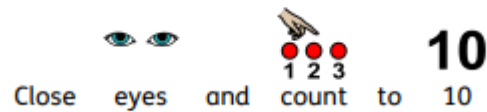
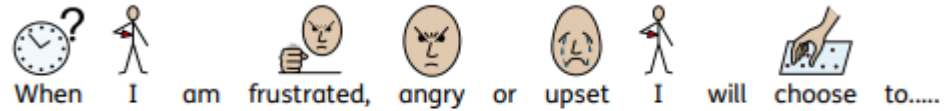
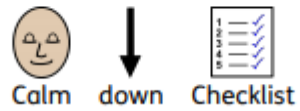
- **Breathe slowly**
- **Try guided meditation**
- **Do mindfulness exercises**
- **Reframe negative thoughts**
- **Go for a walk**
- **Write it all down**
- **Talk to someone you love**
- **Remind yourself distress is only temporary**
- **Give yourself some time**

## Calming Strategies:

- **Painting**
- **Listening to calming music**
- **Write in your diary**
- **Read a book**
- **Use a weighted blanket**
- **Take 10 deep breaths**
- **Make a fist then relax**
- **Place an ice pack on your back**
- **Take a warm bath**
- **Do a puzzle**



# MAKE YOURSELF A CALMING DOWN CHECKLIST



# ZONES SELF REGULATION TOOL

## Blue Zone Tools:

- Take a break
- Talk to someone
- Talk about your feelings
- Ask for a hug
- Draw a picture

## Green Zone Tool:

- Listen to others around you
- Remember your daily goals
- Think happy thought
- Help others

## Yellow Zone Tool:

- Take a break
- Talk to a friend
- Squeeze a stress ball
- Go for a walk
- Take 3 deep breaths

## Red Zone Tool:

- Take a break
- Squeeze a stress ball
- Count to 10
- Talk about your problems
- Take deep breaths