Dealing with Anxiety

Recognize the symptoms. Feeling tense, restless, irritable, obsessive thinking, trouble concentrating, excessive worry/fear/panic. Physical symptoms include; feeling tense, restless, irritable, obsessive thinking, trouble concentrating, excessive worry/fear/panic. Physical symptoms include;

- Feeling tense, restless, irritable, obsessive thinking, trouble concentrating, excessive worry/fear/panic.
- Sleep problems, short, shallow breathing, tightening of chest, rapid heartbeat, nausea/dizziness, sweating/trembling, headache.

Anxiety triggers differ from person to person; Common causes are stress or trauma, major life events/changes, family history of anxiety, illness, side effects from medication. Do you know your triggers? Figuring out what may cause your anxiety is an important step. There can be more than one cause. Pay attention to your feelings. Ask yourself, what was I thinking about (or doing) just before I started feeling this way? Remember, things like skipping meals, not getting enough sleep or spending too much time on social media can make you more likely to feel anxious.

These healthy coping tips may help you manage your anxiety. Focus on the things that you can control. Aim for doing your best, not perfection. Work on time management skills. Being prepared can help keep anxiety in check. Express your feelings. Talk to others. It can help you realize that you are not alone. Keep a journal. Writing can relieve stress and reveal patterns. Join a support group. You may learn new ways to cope and offer help to others too. Take care of your body. Exercise. It releases chemicals in your brain that work to curb anxiety and boost your mood. Eat healthy foods and get enough sleep. Limit caffeine. Get help to quit. Try art, yoga, meditation or other mindfulness exercises that may help you reduce stress. When you feel anxious... Take a break, Give yourself a few moments to slow down and focus only on your breathing. Practice positive self-talk. Tell yourself “I feel anxious, but this feeling will pass. I don’t have to let my anxiety take over.” Actively distract yourself. Take a walk, read, or work on a hobby. Listen to music. Spend time with your pet! Ask for help. If your anxious feelings are intense or do not go away, or are making day-to-day life hard, seek professional help. A counselor or doctor can explain treatment options that may help with your anxiety. Talk therapy, aimed at helping you understand and change certain thought and behavior patterns, is a common and effective treatment for anxiety. Medication, or combination of medication and talk therapy, may also be an option. Please don’t self-diagnose and don’t self-medicate, talk to someone. Journeyworks #582

The purpose of life is a life of purpose.

Self-referrals to the student assistance counselor are confidential. Students who contact the SAP for help quitting substances will not be reported or receive consequences. Just in case you are wondering – athletes, that means you too!

Peer support group for those quitting vaping/trying to, room 163 for more information. Therapy dog may be present! Participation is confidential.

Find this picture (not this paper) of Baby Yoda hidden here at school and win an Amazon Gift Card – Bring picture to room 163. Picture not in offices, lockers, outside, locker rooms, bathrooms, or classrooms.

Upcoming holidays; April 13-17; Best Wednesday - March 18; Best Thursday – May 21; Graduation – June 12 😊