

Mental Health Moment

Presented by the Counseling Department

Anxiety

Anxiety can feel like:

feeling restless or edgy, easily tired, difficulty concentrating, irritable, trouble sleeping, heart pounding, short of breath, etc.

Statistics of the US:

- 40 million adults have anxiety disorder
- Most common cause of workplace disability
- Highly treatable but few get help

Feel the feeling but don't become the emotion. Witness it. Allow it. Release it.



Did you know?

- Women are twice as likely as men to have anxiety
- Stress can trigger anxiety symptoms
- 38% of female teens have an anxiety disorder
- 26% of male teens have an anxiety disorder
- Up to 95% of LGBTQ teens have anxiety concerns

Manage It

1

BREATHE

Use the breathing technique on the next page to relax

2

PUT DOWN YOUR PHONE

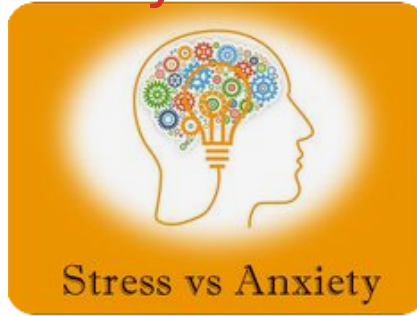
Being too connected to stimulating material can increase anxiety symptoms

3

VISUALIZE

Visualize yourself calming down, relaxing your mind, and controlling your emotions

Stress vs. Anxiety--Know the Difference



STRESS VS. ANXIETY

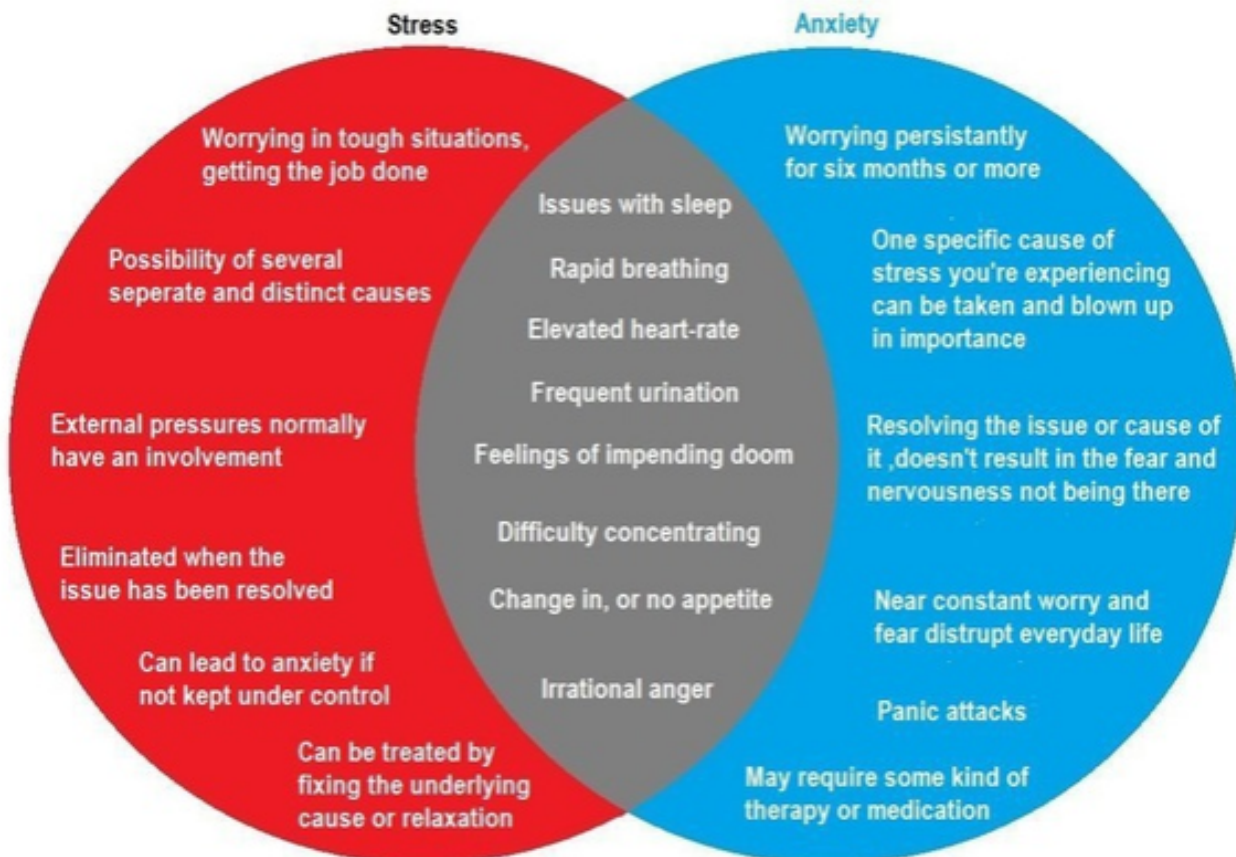
Stress

- Person's response to an external cause (ex. Paper deadline).
- Short term.
- Subsides when the situation has been resolved.
- Symptoms: Fast heartbeat, faster breathing, moodiness, irritability, and loneliness.

Anxiety

- Person's reaction to stress.
- Origin is internal.
- Persists even after situation/stress has passed.
- Symptoms: Feeling of dread/uneasiness, restlessness, fast heartbeat, faster breathing, irritability.

Both are part of the bodies natural flight, flight, or freeze response.



There's an app for that...

Check out the following apps you can download to your smart device to help you combat anxiety

Headspace: teaches effective meditation

Calm: helps you fall asleep easier and teaches meditation

The Mindfulness App: teaches you meditation and sends reminders for you to chill out

Breathe2Relax: walks you through breathing exercises

Pacifica: tracks your mood and provides relaxation techniques

Relax Melodies: helps you sleep

MindShift CBT: helps you take charge of your anxiety and teaches strategies for calming yourself

Breathing Technique

how to:
4-7-8 breathing

The 4-7-8 breathing technique helps when you're feeling stressed, anxious or have trouble sleeping.

It causes an automatic nervous system shift from a sympathetic (fight or flight reaction) state to a parasympathetic response.

BREATHE IN THROUGH YOUR NOSE FOR 4 SECONDS

HOLD YOUR BREATH FOR 7 SECONDS

EXHALE THROUGH YOUR MOUTH FOR 8 SECONDS

REPEAT AS MANY TIMES AS YOU NEED

temp by @thesundaychapter

WHAT CAN I DO IF MY ANXIETY GETS TOO BAD?

- Go see my school counselor
- Talk to a trusted CHS Staff member
- Practice calming strategies such as: color, read, write, draw, paint, sing, dance, exercise, or breathing technique (see above)
- Reach out to parents for support
- Talk to your pediatrician with parent support

