

# What is Anxiety?

Anxiety is a normal human experience which activates in response to stress, whether the stressor is real or perceived.

Anxiety in itself is not harmful, and can be helpful for motivation and concentration.

## When Anxiety Becomes Problematic:

Anxiety can become unhelpful and disruptive to daily life when it goes into overdrive.

This can lead to excessive worry, feeling on edge, difficulty concentrating, excessive fatigue, sleep problems, and more.

## How to Manage Anxiety:

If you feel your stress or anxiety is unmanageable, it is helpful to check in with a primary care provider, and seek support from a mental health professional.

You'll also find some helpful tips in the next pages of this guide.

**Notes/reflections:**

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# Affirmations for Anxiety

I am safe and grounded in this moment.

I can do hard things.

I inhale calm, and exhale worry.

Even though I feel anxious, I love and accept myself.

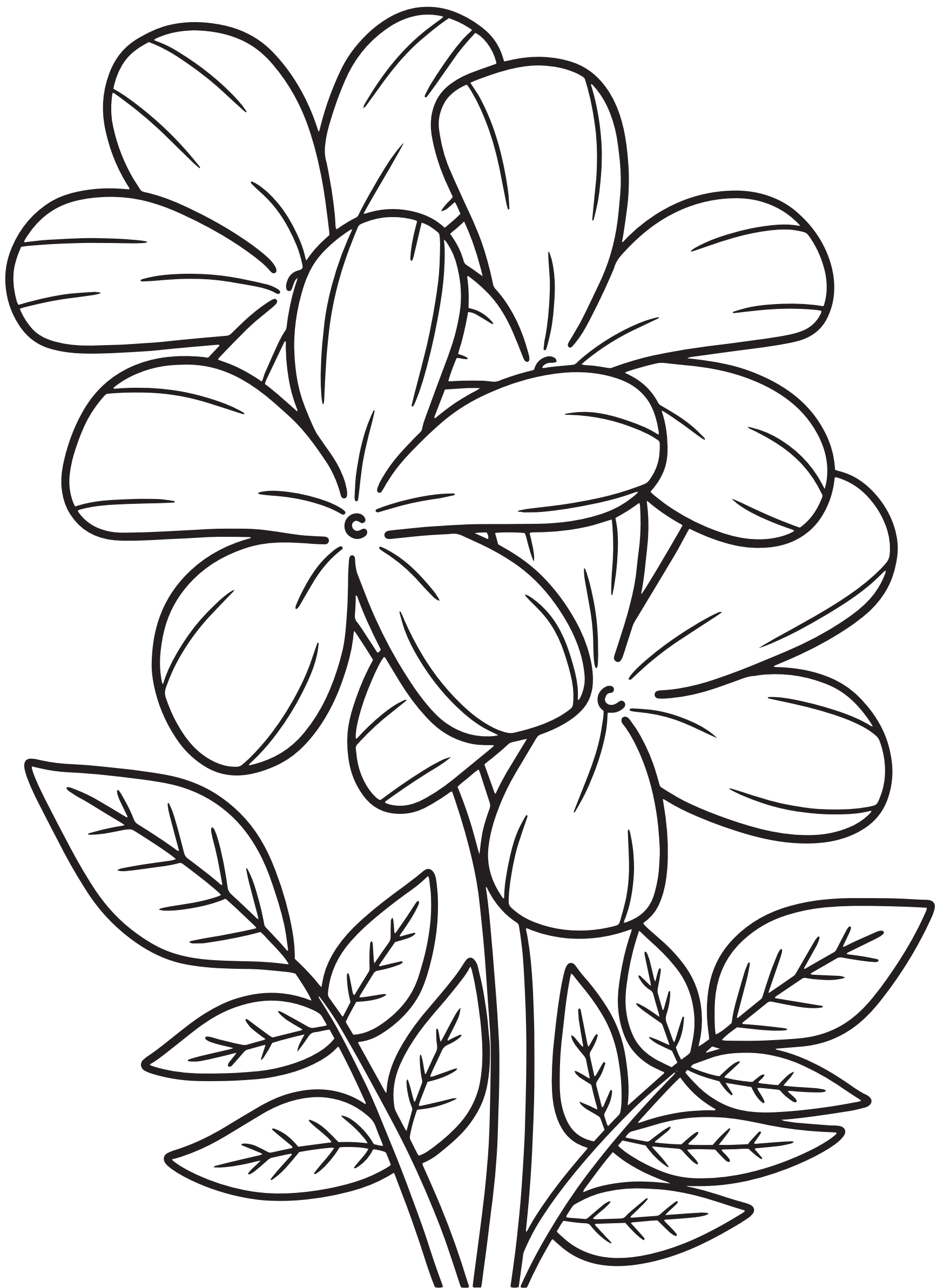
I am capable of handling this.

Write your own affirmation:

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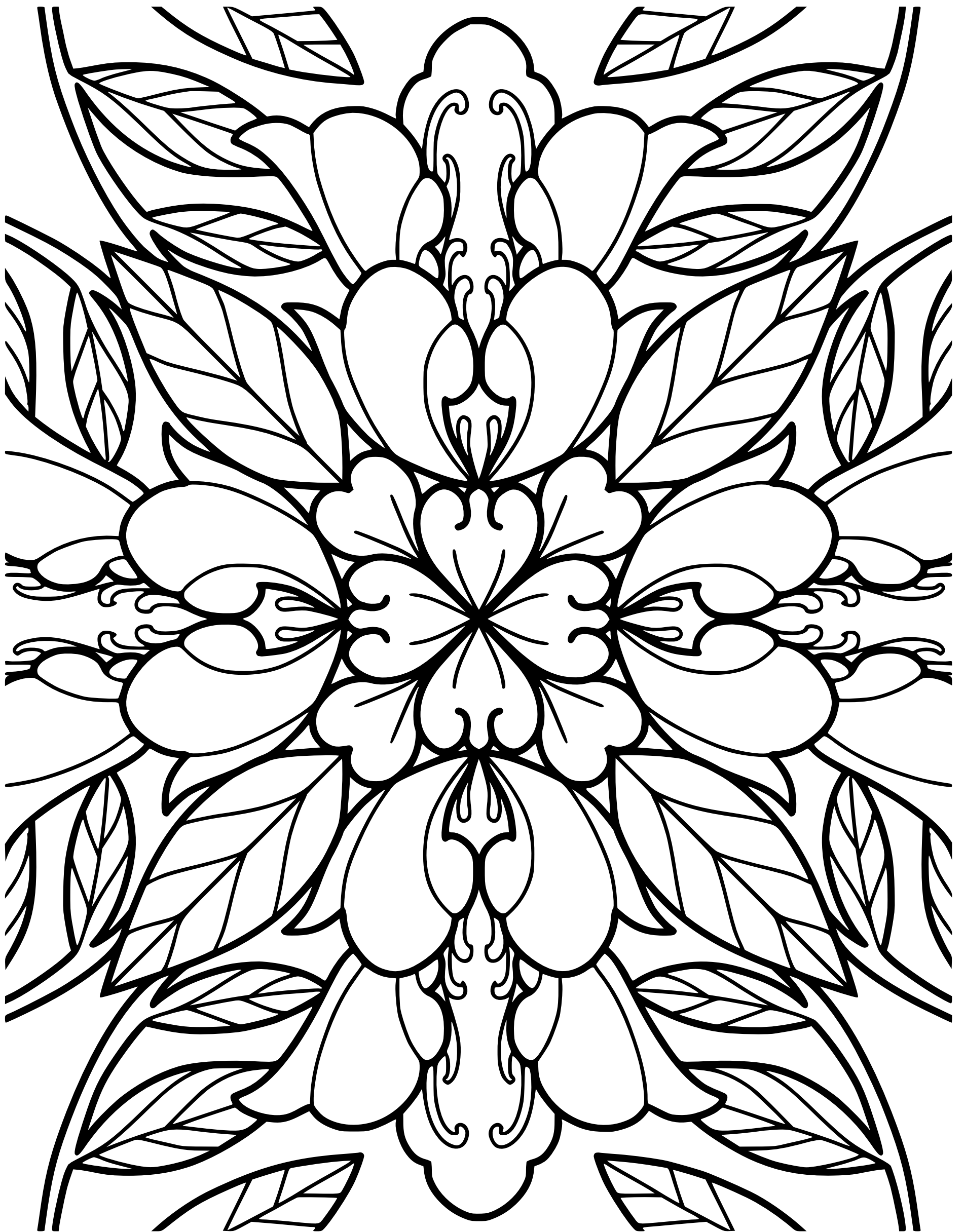
# Coloring for Stress Relief

The creative outlet of coloring can help express feelings and thoughts that may otherwise be challenging to identify or talk about.



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# General Coping Skills for Anxiety

**Write it down.** Brain dump all that is floating in your brain, onto paper. Notice any changes in tension in your body before and after.

**Get outside.** Grounding yourself in nature can offer a meditative and reflective experience.

**Find support.** Who do you feel safe authentically releasing to? What local support groups are offered in your community?

**Move your body.** To your own capacity, engaging in physical movement can communicate to your stress response that you are moving away from a threat to safety.

Write your own coping skill:

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# Reach Out for Professional Help

Whether or not we are the right fit for your unique needs, we are here to provide support on your journey. You matter.

Contact us at 330-426-7885,  
or visit our website [www.CYOPInc.org](http://www.CYOPInc.org)  
for more information and resources.

If you or someone you know is feeling of harming themselves or someone else, please call 9-8-8 to reach the Suicide and Crisis Lifeline.

## **A little bit about us:**

Carve Your Own Path, Inc. offers an evidence-based, trauma-informed, inclusive, community approach to mental health and well-being through holistic wellness services, education, and consultation services.

We envision a world where individuals seek wellness services without fear of judgment, and communities are empowered to thrive together.