



MANAGING ANXIETY



There is no right or wrong emotional response to the global pandemic the world is experiencing. Due to the multiple unknown factors during this crisis, many people are feeling anxious. It can be challenging to avoid feeling fear and uncertainty when many things are outside of your control. This resource offers a few tips for responding to feelings of fear and anxiety when they arise.

Your mental and emotional well-being are as important as your physical well-being. If you are feeling routinely panicked and unable to find a feeling of calm, please seek support through your companies Employee Assistance Program (EAP) if one is available or reach out to your primary care physician. Other resources include:

- » International Crisis Support: crisistextline.org/international
- » Substance Abuse Support: samhsa.gov/find-help/national-helpline
- » Suicide Prevention (US): (English): 1-800-273-8255 (tel:18002738255), (Español): 1-888-628-9454 (tel:18886289454), Text: HOME to 741-741
- » Download SAMHSA Suicide Safe APP
- » Domestic Violence Support (US): 1-800-799-7233 or text LOVEIS to 22522, Visit: thehotline.org

Here are some tips to respond to your feelings of anxiety and fear:

1. **MINDFULNESS:** Mindfulness is the practice of being present and paying attention. Everyone will be multi-tasking more than usual during this time of uncertainty. As often as possible, create time to do just one thing. For example, close out your email when working on projects so you can focus without distraction. If possible, take a few minutes each day to be silent and let your mind, body and soul rest.
2. **STRETCHING:** Being quarantined in your house can make you feel cramped. Stretching can take a few minutes and make your body feel more expansive and release physical tension.
3. **5-4-3-2-1:** Take a moment to notice five things you can see, four things you can touch, three things you can hear, two things you can smell, one thing you can taste. This practice can bring you back into the present moment and bring awareness to your body. This practice is really helpful when you find yourself processing all of the potential outcomes and current unknowns or feel your thoughts spiraling.
4. **GRATITUDE:** Pause and give energy to being thankful. What are you grateful for? This practice helps even if you don't say them out loud. Gratitude is a powerful skill in your toolkit. It is a very helpful response to feelings of scarcity and comparison and has actually been shown to lead to higher levels of happiness.

The best way to respond to your emotions is to first acknowledge them so that you can respond accordingly. Emotions are not right or wrong. They are simply information. You can notice your feelings, acknowledge what is happening for you and respond kindly and gently with yourself.