Coping with Anxiety

What is Anxiety?

Anxiety is a natural response to life and its many stressors. It affects how we think, feel, and react, and can cause actual physical symptoms. While everyone feels anxious from time to time, some people are more affected by it than others, often dealing with debilitating symptoms on a day-to-day basis.

What Can Cause Anxiety?

- School
- Work
- Crowded places
- Change
- Stress
- Lack of sleep
- Trauma
- Instability

The cause of anxiety is going to be different for everyone, just as dealing with the anxiety is going to be different for everyone.

How Do I Know If I'm Anxious?

There are various feelings you can experience if you're feeling anxious. These are some of the more common physical symptoms:

- Headache
- Dizziness
- Shortness of breath
- Sweating
- Shaking
- Muscle tension
- Trouble concentrating

Sometimes, when you're experiencing severe anxiety, your body's reaction can be scary, but it's important to remember that it's your anxiety causing the reaction, and there are things you can do to help bring yourself to a calmer state.

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What Can I Do to Feel Better?

- Learn and practice stress management skills
- Do deep breathing exercises
- Meditate
- Eat healthy
- Get plenty of sleep
- Talk to someone about how you're feeling
- Ask your doctor about medication
- Keep a journal

How Can I Help Somebody Who has Anxiety?

- Learn about anxiety
- Listen to them
- Be reassuring
- Offer a distraction
- Talk to them or take a walk with them
- Be patient
- Don't judge them
- Do not minimize how they feel

Even though anxiety can make things more difficult, you don't have to let it run your life. Learning to manage, cope, and come to terms with your anxiety can help you live a happy, fulfilling life.

Remember: your anxiety does not define you!

More Resources

- jedfoundation.org/understanding-anxiety
- https://www.cci.health.wa.gov.au/Resources/Looking-after-yourself/anxiety
- youngminds.org.uk/young-person/my-feelings/panic-attacks
- The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry by Lisa M. Schab, LCSW

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