

# Anxiety Disorders affect 40 million adults, 18 % of the U.S. Adult population



Healthy Minds. Healthy Lives. Healthy Communities.

## Ways to Better Manage Anxiety Symptoms:

### 1. Breathe Into Your Belly

*This form of breathing will press on the vagus nerve & tell your brain you are safe*

### 2. Pay Attention to What You Feel

*Noticing what your skin feels will help ground you in the present*



### 3. Hold an Ice Cube

*Extreme changes in temperature will bring your brain back to the present*

### 4. Leave the Situation

*Taking a break to regroup will help get you grounded*

### 5. Listen to Music

*Music is proven to affect heart rate and mood*



### 6. Take a Bath or Hot Shower

*Self care can help you reset your mindset*

### 7. Exercise

*Exercise will increase serotonin and release pent up energy*

### 8. Talk to a Friend

*Friends can give us much needed encouragement & perspective*