



5 Steps to Tackling Anxiety



1. Recognize physiological cues (i.e. hands sweating, shortness of breath, etc.);
 2. Step back to focus on the situation causing the anxiety (i.e. sights, smells, experience with an individual, etc.);
 3. Address the underlying cause (i.e. identifying rational vs. irrational thoughts, thinking you might be in another time and place, etc.);
 4. Implement the concrete, realistic parts of the scenario (i.e. remind yourself you are in the "here and now," take a nap, replace irrational thoughts with rational truths, etc.);
 5. Reach out and ask others for help/to talk!
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