

# ANXIETY

## HELP! I'M FREAKING OUT!

### A TINY GUIDE



SOURCE MATERIAL BY  
**MEGAN  
SAXELBY**

**CREATING  
A CULTURE  
OF DIGNITY**

**Ughhh... I'm stuck.  
Everything feels  
terrible!  
I feel frustrated,  
overwhelmed, and  
out of control!**



*When you're  
feeling this way  
you have 2  
options:*



# OPTION 1: FREAK OUT



# WHEN YOU'RE FREAKING OUT...

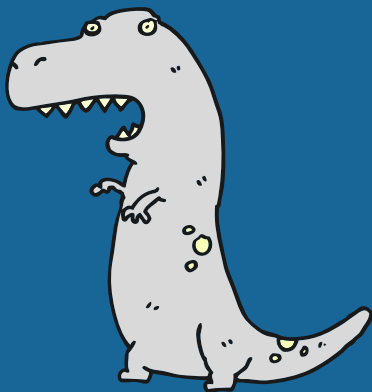
**You feel overwhelmed by...**

*Repetitive thoughts*

*Getting stuck on one idea*

*Avoiding problems*

*Feeling shame*



**You think...**

*I'm an imposter.*

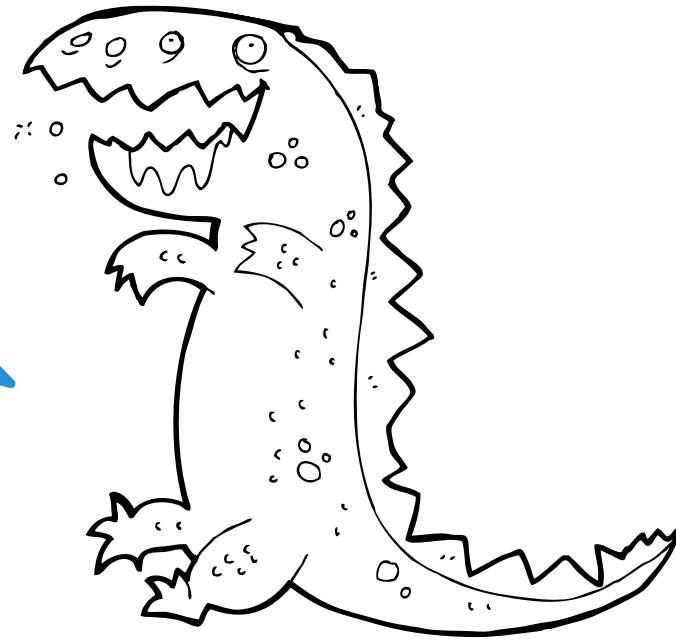
*I'm a bad person.*

*I'm worthless.*

*What's wrong with me?*



**When you're feeling helpless,  
powerless, or overwhelmed it's  
important to remember:**



# Everyone freaks out sometimes.

It's ok to feel this way. Lots of people struggle with anxiety and doubt.

Feeling anxiety can also bring on shame and facing these feelings is courageous.

You have power over how you respond.



# OPTION 2: SLOW DOWN



# WHEN YOU SLOW DOWN



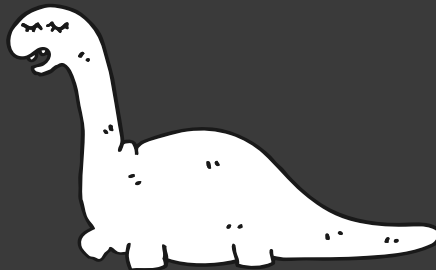
You're choosing to get active with your emotions and analyze them. You're reminding yourself feelings are not facts.

You're choosing to get unstuck by processing how you're feeling.

You're choosing to regain some control.



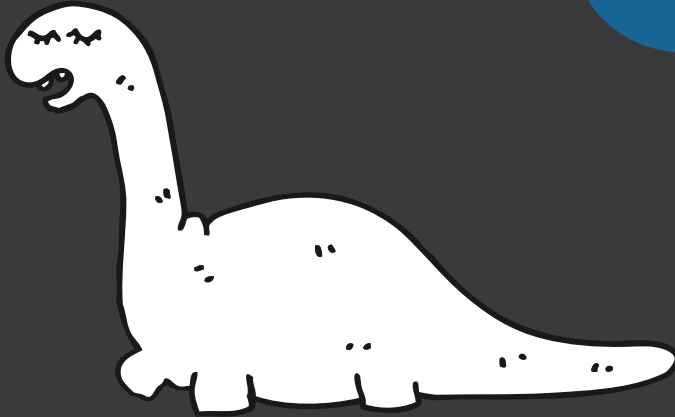
# HOW CAN YOU SLOW DOWN?



# Stop and think:

What feelings  
are you  
feeling?

Why are you  
feeling these  
feelings?



# REMEMBER....

When your mind races, your brain is trying to make predictions and process the situation.

**Feelings are temporary.**

Emotions feel like they are happening to you, but they are actually being made by you.

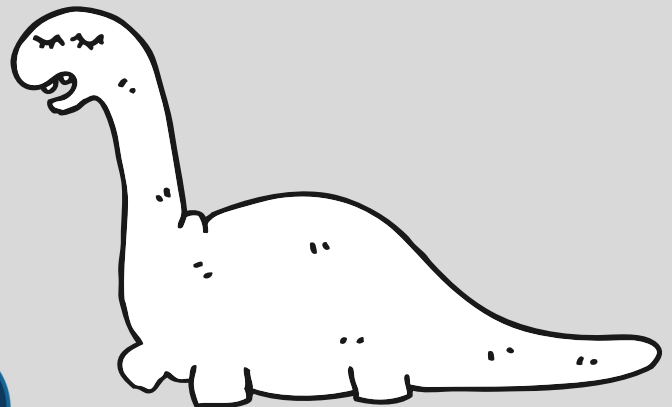
Your brain is capable of change.



# Emotions don't just happen to us.

We construct them through our individual experiences, our brains, and our cultures.

When you are feeling them, stop and think about them rather than just react or let them hijack you.

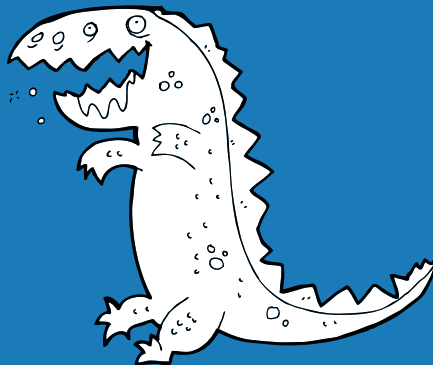


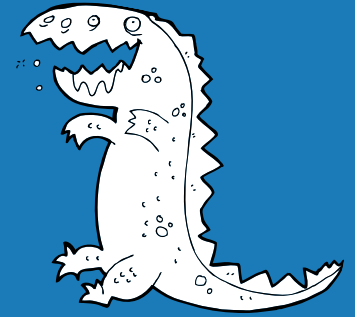
# When you feel a strong emotion, break it down using these 4 categories.

1. **The trigger.**  
The event that happened.
2. **Your thoughts to the event.**
3. **Your physical response.**  
How your body responds like sweaty palms, and a racing heartbeat.
4. **Your behavioral expression**  
Your tone of voice, facial expression, and how you're holding your body.



# ANXIETY AND YOUR BODY





**Every mental activity has a physical effect as well.**

Anxiety is **physical**, it has a physical response.

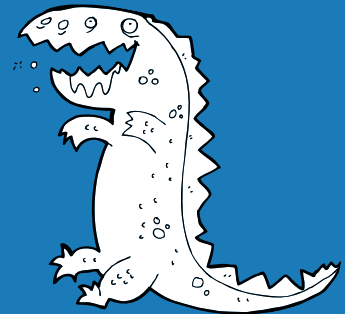
Try to get stress and anxiety out of your body.



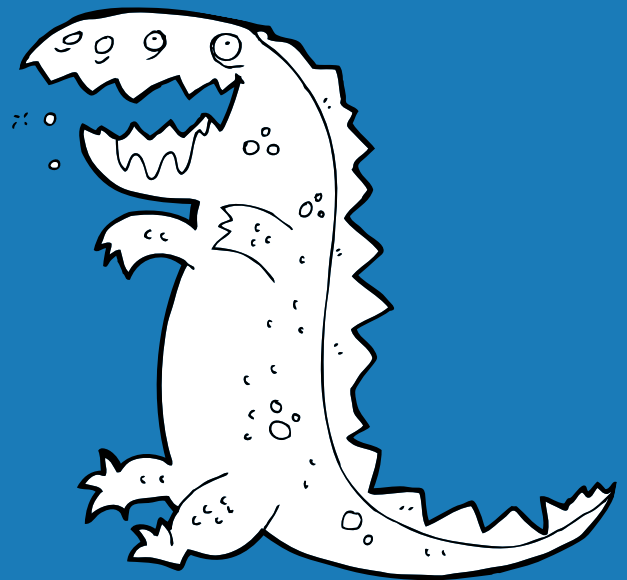
# PHYSICAL STRATEGIES FOR ANXIETY

Do what feels good for you!

There is no wrong way to get  
anxiety out of your body and it  
isn't a competition.



**Take a walk! Jog!  
Meditate! Bake  
cookies! Make art!  
Bike ride!**



# PHYSICAL STRATEGIES FOR ANXIETY

## Cry

No joke, it's a great physical release.

## Practice breathing techniques

Like 5-7-9, 4x in a row

*Inhaling through the nose for 5 seconds*

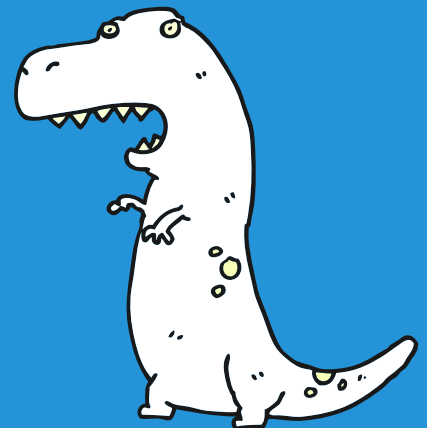
*Holding for 7 seconds*

*Exhaling out of the mouth for 9 seconds*

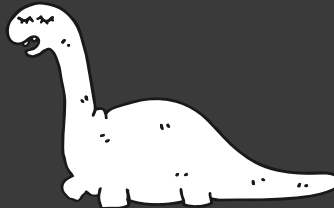


**We all need strategies  
to understand our  
anxiety and how they  
impact us.**

**No one is born knowing  
how to manage their  
emotions, you have to  
learn and practice.**



**Life is going to send hard  
stuff your way, but you can  
handle it if you take care of  
yourself.**



**YOU MATTER.**

**YOUR EMOTIONS MATTER.**

**OTHER PEOPLE MATTER.**

