

SYMPTOMS/SIGNS

- UNCONTROLLED WORRY
- POOR CONCENTRATION
- EXCESSIVE NERVOUSNESS
- INCREASED HEART RATE
- SLEEP PROBLEMS
- UPSET STOMACH
- MUSCLE TENSION
- AVOIDANCE OF FEAR

WAYS TO COPE

- DEEP BREATHING
- GROUNDING EXERCISE
- GO EASY ON YOURSELF
- TAKE LIFE MOMENT BY MOMENT
- SEEK OUT A PROFESSIONAL

* REMEMBER TO NEVER FEEL ASHAMED AND YOU ARE NOT ALONE*

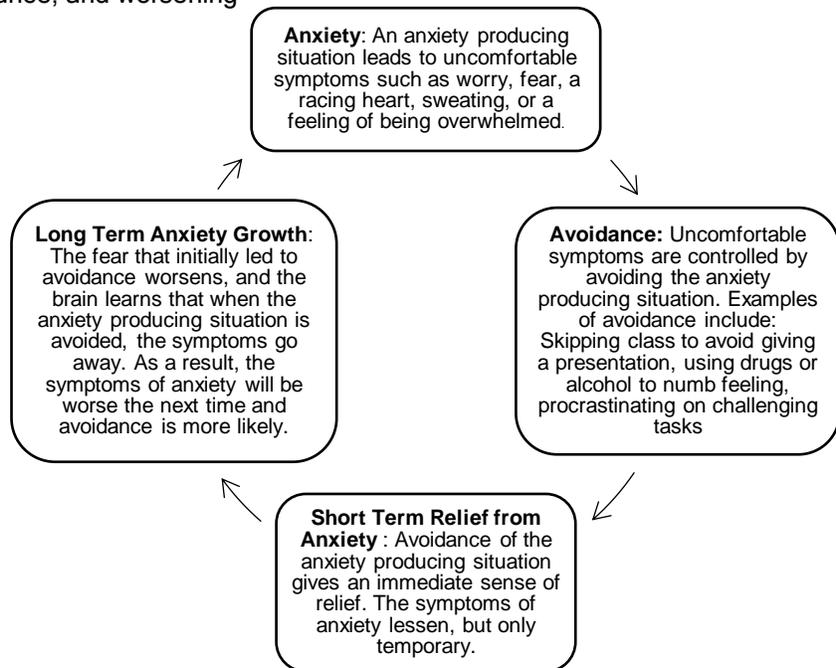
TREATMENT

- COGNITIVE BEHAVIORAL THERAPY (CBT)
- EXPOSURE THERAPY
- RELAXATION SKILLS
- MEDICATION

Anxiety is a mental and physical reaction to perceived threats. In small doses, anxiety is helpful. It protects us from danger, and focuses our attention on problems. But when anxiety is too severe, or occurs too frequently, it can become debilitating.

How Does Anxiety Grow?

Anxiety drives people to avoid the things that scare them. When a “scary” thing is avoided, there is an immediate but short-lived sense of relief. However, the next time a similar threat arises, it feels even scarier. This creates a harmful cycle of avoidance, and worsening



Parenting Tip

Recognize that the rate and intensity with which knowledge, technology, and lifestyle are changing have created conditions in which resiliency and personal resources are critical to effective learning.

Positive Discipline Strategies

1. Misbehaving children are “discouraged children” who have mistaken ideas on how to achieve their primary goal - to belong. Their mistaken ideas lead them to misbehavior. We cannot be effective unless we address the mistaken beliefs rather than just the misbehavior.
2. Use encouragement to help children feel “belonging” so the motivation for misbehaving will be eliminated. Celebrate each step in the direction of improvement rather than focusing on mistakes.

RESOURCES

Center for Human Services (209) 526-1476

Call 2-1-1 OR 1-877-211-7826

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

