

# ANXIETY!

WHAT ARE SOME SIGNS OF ANXIETY?



1

Increased heart rate & inability to think or act rationally

2



Rapid breathing & feeling dizzy or vertigo. Unusual breathing patterns



3

Lost of appetite & prolonged weight loss (without intentional dieting)

4



Being erratic & worked up. Can't sit still or constantly ruminating

## QUICK TIP

### stop

Orientate yourself. Stop to think where you are, what time is it, and your senses.



### ground

Use your senses and engage them. This can be a task such as counting, touching objects, or even cognitive rehearsals

### breathe

Engage in deep breathing. Allow ample space if needed and repeat until anxiousness passed

