

## Anxiety & Stress

“Not everything that weighs you down is yours to carry.”

- Anonymous

### What is Anxiety?

Anxiety can be a normal response to perceived danger or threats and can help us to perform our best when something important is happening, such as a test or a job interview. It is something everyone experiences to some degree and it can function to protect you.

Even though anxiety can be normal, there are times when it can become a problem. It is one of the most common mental health concerns affecting both children and adults.

Anxiety may be problematic when it:

- Is experienced a lot (nearly every day);
- Feels intense or difficult to manage;
- Is upsetting and causes distress;
- Stops you from doing things (like going to school, work, parties, or on a date)
- Happens when there is no real or immediate danger



### Free online Cognitive Behaviour Therapy (CBT) Programs

If symptoms persist or worsen despite consistent use of these programs, seek professional help from your family doctor or a therapist who specializes in the area of CBT.

#### My Anxiety Plan (MAP)

- an anxiety management program that is based on CBT
- [MAP for adults](#)
- [MAP for children & teens](#)



- [online clinical treatment](#)

[programs](#) for adult individuals who are experiencing mental health difficulties, primarily focusing on anxiety and depression



### Community Supports

## Services, Programs and Resources

Services, Programs and Resources

“Realize deeply that the present moment is all you ever have. Make the now the primary focus of your life.” - Eckhart Tolle

## Focus on the Present Moment

### Breathing

Deep breathing sends messages to the brain to calm down and relax.



### Journaling

Allows for problems and worries to be prioritized and tracked so triggers can be recognized and ways to manage these stressors can be identified.



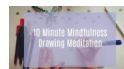
### Yoga

Allows for both mental and physical relaxation to relieve tension, increase flexibility, and reduce stress and anxiety.



### Drawing

Drawing, colouring, and doodling offer a break from distressing thoughts and help to regulate emotions.



### Body Scan

Paying attention to parts of the body from head to feet focusing on sensations experienced.



### Progressive Muscle Relaxation

Allows body to physically relax through tensing and then relaxing muscle groups.



### Meditation

Focusing the mind on a thought, object, or activity to achieve a calm and stable state.



### Tapping

Emotional freedom technique used to tap on meridian points (also used in acupuncture) to help mind understand you are safe.

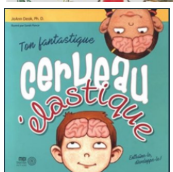
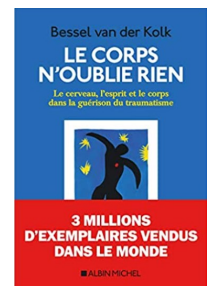
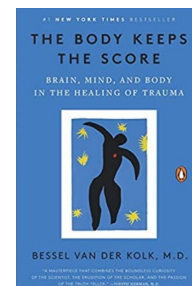
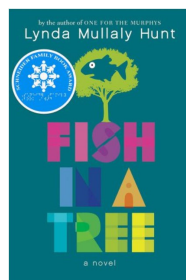
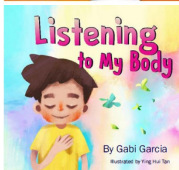
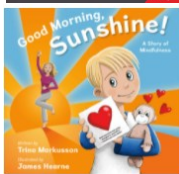
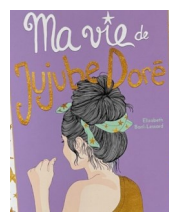
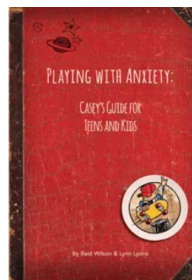
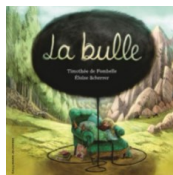
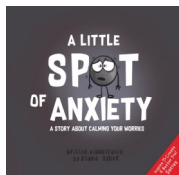


### Grounding

Using the five senses to decrease the intensity of a person's feelings by focusing on the present environment.



## Literature Links



“Smile, breathe, and go slowly.” -Thich Nhat Hanh

“Some days, doing ‘the best we can’ may still fall short of what we would like to be able to do, but life isn’t perfect—on any front—and doing what we can with what we have is the most we should expect of ourselves or anyone else.” - Fred Rogers

## Additional Resources

### Websites

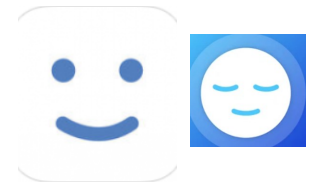
### Podcasts

### Apps

#### Children



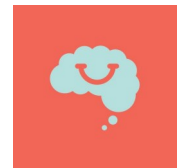
Big Life Journal



#### Teens



Kids Help Phone



#### Adults

Dr. Ron Siegel

flusterclux  
WITH LYNN LYONS, LICSW



## Anxiety Canada Self Help Documents

THE CARD SYSTEM  
FOR PARENTS/CAREGIVERS

THE CARD SYSTEM  
FOR COPING WITH FEARS AND ANXIETY

THINKING TRAPS



How to Address Excessive Reassurance Seeking



Applied Tension Technique  
For Children or Teens Who Faint at the Sight of Blood or Needles



TOLERATE UNCERTAINTY

“Inviting our thoughts and feelings into awareness allows us to learn from them rather than be driven by them.”

-Dr. Daniel J. Siegel