

Anxiety

Week of April 13th- April 17th

From the Wellness Center

OVERVIEW & PURPOSE

Anxiety is a feeling of worry, unease or nervousness. Many of us face anxiety daily, especially now with the unprecedented events of the quarantine. Our daily lives have changed, we are unsure about what tomorrow will hold and there has been nonstop news and social media coverage on the Coronavirus. However, anxiety is manageable, and there are many healthy strategies you and your family can use that will not only help now, but will be beneficial for the future. With practice of healthy coping strategies, our brain will develop new habits and our brain will pick the better offer (reduced anxiety).

Some Ideas To Think About

- Practice mindfulness- focus on the present, be intentional and thoughtful (check out the article listed below for more)
- Be picky with your reading- consider limiting the amount of articles or updates you look at about the Coronavirus
- Stop “What ifs” and focus on “Right now”
- Rely on new routines and structure
- Model calmness and check in with family members
- Focus on the controllables

Articles

Short Read:

<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>

Longer Read:

<https://www.nytimes.com/2020/03/13/well/mind/a-brain-hack-to-break-the-coronavirus-anxiety-cycle.html>

**If you have any questions please call the Wellness Center at (530) 280-2009.

