



FAMILY LIFE COUNSELING, P.C.

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Coping with Anxiety

Anxiety is both a psychological and physiological condition. Physical symptoms can include muscle tension, heart palpitations, fatigue, nausea, chest pain, shortness of breath, stomachaches and headaches. Anxiety is related to feelings of worry and apprehension, restlessness or feeling keyed up or on edge, having difficulty concentrating, irritability, and sleep disturbance. Cognitive-behavioral therapy is an effective way to learn to manage anxiety.

Here are a few useful tips to cope with anxiety in your day to day life:

- Work to identify when you are feeling anxious and what the trigger are.
- Pay attention to what you are telling yourself about your situation – Is it helping me? Am I being realistic? What else can I say about the situation that is more positive or helpful to me?
- Accept the feeling of anxiety, do not avoid it, do not isolate.
- Do something repetitive, mindful, and soothing to take your mind of the worry (such as drawing or painting, yoga, walking, knitting, crossword puzzles, Sudoku etc.).
- Be body aware – pay attention to your breathing and muscle tension – practice abdominal breathing and progressive muscle relaxation.

"CREATING POSITIVE CHANGE"

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