

## RESOURCES >>

When someone struggles with anxiety, here are some helpful resources

### APPS

**DailyBean:** Daily mood and activity tracker. Tracking activities alongside mood helps us grow in self awareness and assess patterns of behaviors.

**7-Minute Workout — Daily HIIT Exercises at Home:** Beginner-friendly workouts to get us moving without needing a lot of time or any equipment.

### WEBSITES

**Helpguide:** Describes ways to manage worry and uncertainty in specific situations and offers strategies for relaxation and anxiety relief.  
[helpguide.org](https://helpguide.org)

**Confidential Online Screening:** Developed by the U-M Psychological Clinic for anxiety, depression, and more.  
[hr.umich.edu](https://hr.umich.edu)

**31 Tips To Boost Your Mental Health:** A collection of 31 tips for improving mental health with pictures, videos and links to help get started. Developed by Mental Health America.  
[mhanational.org/31-tips-boost-your-mental-health](https://mhanational.org/31-tips-boost-your-mental-health)

**1N5:** Access a variety of therapy options.  
[1N5.org/find-a-provider](https://1N5.org/find-a-provider)

### VIA PHONE

**Ohio CareLine:** Non-emergency emotional support.  
800-720-9616



For **Self-Care** resources including mindfulness, sleep, nutrition, and physical activity articles, apps, and additional tools, **visit our website using this QR code**

## DOWNLOAD THE 1N5 REACH OUT APP ON THE APP STORE & GOOGLE PLAY STORE

1N5's Reach Out app is a great tool to use when looking for guidance to help ourselves or a friend, learn about suicide prevention, or cope with mental health challenges.



3975 ERIE AVENUE | CINCINNATI, OH 45208  
513.814.3007 | [INFO@1N5.ORG](mailto:INFO@1N5.ORG) | [1N5.ORG](https://1N5.ORG)

1N5 is a non-profit organization that serves to increase awareness and education about mental health in youth and adults.

# ANXIETY



Everyone experiences feelings of anxiety during the course of their life. Here, we will walk through the signs, symptoms and strategies ***to manage anxiety when it arises.***

1N5.org | [info@1N5.org](mailto:info@1N5.org)  
**Stop** the Stigma. **Start** the Conversation.



## WHAT IS ANXIETY?

According to the National Institute of Mental Health, occasional anxiety is a normal part of life. Many people worry about things such as health, money, or family problems. But anxiety disorders involve more than temporary worry or fear. For people with an anxiety disorder, the anxiety does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, schoolwork, and relationships.



## HOW ANXIETY CAN PRESENT ITSELF

- Avoiding activities and events, including school
- Difficulty managing emotions
- Feeling agitated or angry
- Pains like stomach aches and headaches
- Muscle tension
- Feeling fatigued or tired
- Difficulty falling or staying asleep
- Struggling to pay attention
- Intolerance of uncertainty
- Having high expectations for oneself
- Feeling worried about and overplanning for situations or events

## EXAMPLES OF EVERYDAY ANXIETY

- ☐ Worrying about paying bills, landing a job, a romantic breakup, or other important life events
- ☐ Embarrassment or self-consciousness in an uncomfortable or awkward social situation
- ☐ A case of nerves or sweating before a test, presentation, stage performance, or other significant event
- ☐ Realistic fear of a dangerous object, place, or situation
- ☐ Anxiety, sadness, or difficulty sleeping immediately after a traumatic event



## TIPS TO MANAGE ANXIETY

1. First we want to notice in our body where we feel emotions.
2. Next, we want to name those emotions.
3. Then we want to identify how big the emotion feels *(on a scale of 1 - 5)*.
4. Finally, we want to use a strategy to regulate or bring the feeling/emotion back down to size.

**4-7-8 Breathing:** Slow, long deep breaths calm our stress response.

- Breathe in slowly to the count of 4.
- Hold breath to the count of 7.
- Slowly breathe out to the count of 8.
- Repeat at least 3 cycles.

**Hugging:** Giving a hug to someone we love and trust can change our hormones, lower our blood pressure and heart rate, and improve our mood.

**Physical Movement:** Walking, running, jumping, dancing, biking, swimming, etc. gets the heart pumping and...

- Distracts us from what we are anxious about
- Increases the feel-good hormones in our bodies
- Decreases muscle tension
- Activates the frontal region of our brains



**SCAN THE QR CODE!**  
And access additional 1N5 resources on our website.