

“How Can I Reduce MY Anxiety?”

Identify Your Thoughts

Pay close attention to your thoughts. Are your thoughts negative? Are they based on something that hasn't happened yet? If so, then it sounds like you're anxious.

Anxiousness is a symptom of anxiety. Anxiety can be normal in most instances, and often experienced intermittently; but, if anxiety is not managed well it can lead to prolonged anxiety.

Challenge Your Thoughts

If you're struggling with managing anxiety try writing down any reoccurring thoughts. Once you've written them down, challenge them. Are your thoughts based on a feeling or a fact? A fact is something that can be proven. If your thought is based on a feeling then it is not a fact. Sometimes feelings can feel factual, but aren't; feelings can change, facts don't. If the thought is based on a feeling try acknowledging how you feel, verbalize your discomfort; then validate and accept your feelings by telling yourself it is okay to feel uneasy. Remember, feelings can change, so it is okay to feel momentary uneasiness. The uneasiness will pass.

Reframe Your Thoughts

Once you've acknowledged your thoughts try viewing them differently, more positively. This exercise is called reframing. If you struggle with reframing your thoughts try thinking about what you would say to a friend who is having similar thoughts. This can help with positivity. As humans, we tend to be more kind to others than we are to ourselves!

Journal Daily

Try using your journal as a tool to assist with reframing negative thoughts. Write your negatives thoughts in your journal, then neutralize the negative thoughts by writing down three positive thoughts.

Create a Gratitude Journal

Try writing down three things that you're thankful for daily. This exercise can help you with thinking and viewing situations more positively.

Participate in Relaxation Exercises

Try incorporating one relaxing exercise into your daily routine. Try yoga, meditation or breathing exercises.

Interrupt Your Thoughts

Interrupt your thoughts by completing an activity. The activity can be big or small; Walk to the mailbox or call a friend.

Participate in a Fun Activity

Identify things you like to do for fun and or things that help you relax. When you feel anxious, try participating in one of these activities. If watching TikTok videos is relaxing and fun then watch a TikTok video when you feel anxious.

Spend Time in Nature

Research shows that time spent outside, exposure to sun, can improve mood and reduce anxiety.



Self-Development, Counseling, and Special Accommodations Center