



# ANXIETY TALK

*An Ellington Youth Services Series*

3

## DURING TIMES OF ANXIETY, THESE ARE THE CHOICES YOU HAVE TO MAKE:

Make sure the break is a nourishing break. This means that you pause, absorb the experience, and realize that you need to tackle the experience at a calmer state. If you have the opportunity, come back to the situation at a less intense level--intense level of nerves, tension, rushing thoughts, etc.

**Take a break**

**Ask for help**

Asking for help will not threaten your safety! What people often struggle with is that having someone by their side is helpful. Moreover, being helpful does not mean that they will fix the situation. When we continue to ask for help during hard times, we are continuing to have the opportunity to feel supported.

When we decide to keep trying during an anxious experience, we are essentially saying that big emotions are not scary! You have the ability to get through uncomfortable experiences without letting emotions control everything.

**Keep trying**

Capacity is the term used to describe your ability to find your strength; you have the power-or capacity- to change your own life and your experiences with anxiety.