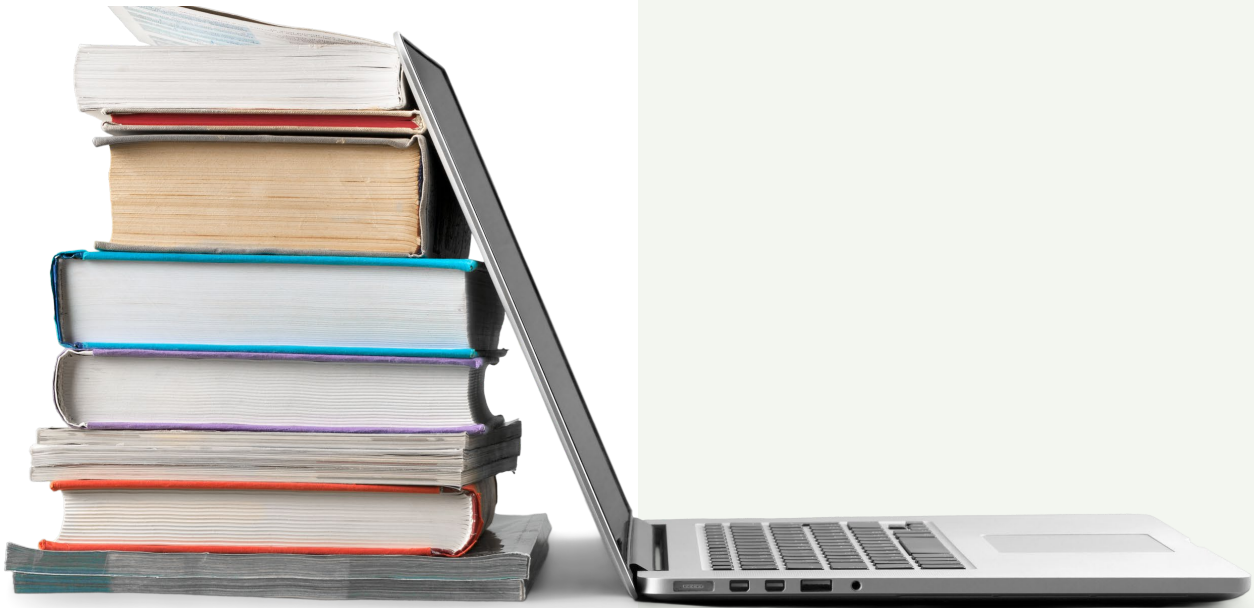




stressed?

We can't promise you a stress-free year, but we can give you proven tools to handle your emotions and feelings.



How do you manage stress? In a year marked by constant change - the way you teach, the loss of social activities and general fear of the unknown - it can be easy to resort to quick fixes, such as playing on your phone or watching a movie to escape. While it's true that activities like these can help you cope in the short-term, we're giving you some coping skills that will help you deal with stress in a healthy way for the long-term.

- **Break large tasks down into smaller, more attainable tasks.** When emotions run high, it is difficult to process information and make decisions. Tackle one task, or even part of a task, at a time.
- **Manage your emotions.** Easier said than done, right? But it can be done! Take breaks from whatever is causing you stress. Too much stress can be overwhelming and paralyzing. Focus your mind on something other than your stressor. Try positive self-talk ("Stop and breathe. I can do this."), express your feelings to a trusted friend, or practice deep breathing.
- **Take care of your body.** Your mental health is linked to your physical health. Make sure you are eating right, exercising and getting enough sleep. This includes limiting your intake of caffeine and avoiding drugs, tobacco and alcohol. Make sure you include some time for relaxation, too.
- **Plan ahead.** You can't always predict when you're going to feel stressed, but if you know what helps to alleviate those problems, you're already a step ahead. How will you deal with future stress? Here are some ideas:
 - Get creative in the kitchen
 - Draw, paint or make a collage of your favorite things
 - Read
 - Organize your space
 - Walk or dance for 10 minutes
 - Go outside and listen to nature
 - Call a friend
 - Exercise with a small group of friends, or go for a solo run or bike ride
 - Make a gratitude list

anxiety

Know the symptoms



Chances are, you or someone you love will experience anxiety at some time in your life. Therefore, it is important to understand the signs and symptoms of some of the most common anxiety disorders.

Symptoms can be cognitive, emotional, behavioral, and physiological. The anxiety needs to be excessive, persistent, and difficult to control in order to be diagnosed. The symptoms also need to be sufficient enough to create definite impairment in some parts of life, whether it be at home, school, at work, or other environments.

Symptoms of Generalized Anxiety Disorder (most commonly diagnosed) include: restlessness or feeling “keyed up” or on edge; being easily fatigued; difficulty concentrating or the mind going blank; irritability; muscle tension; and sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep).

The one element most anxiety disorders share is the tendency to pick out the worst outcome in any given situation, and then convince him or herself it will absolutely happen. This leads to a persistent overestimation of threat in most environments, which leads to the uncomfortable and exhausting sense that impending doom is just around the corner. The natural tendency of those afflicted with anxiety is to withdraw from any situations that provoke their anxiety, due to how uncomfortable and difficult it is to face. Anxiety will often progressively affect, and cause withdrawal from, all areas of one’s life unless, and until, the anxiety-sufferer actively pushes back to regain ground lost to his/her anxiety. This is a difficult and painful process, but is absolutely necessary to heal and move forward with life goals and relationships.

The last few years have caused a lot of us to feel
more anxiety and stress.
Help is available.

Managing stress and anxiety requires much courage and a high level of intentionality to challenge fears and expand one’s comfort zone. It is a difficult, but rewarding journey once feelings of control and well-being are restored. Prairie View would love to be part of your journey to wellness and we have trained therapists and medication providers to meet your treatment needs.

800-992-6292 Prairie View information/admissions
800-362-0180 Prairie View mental health crisis line
www.prairieview.org