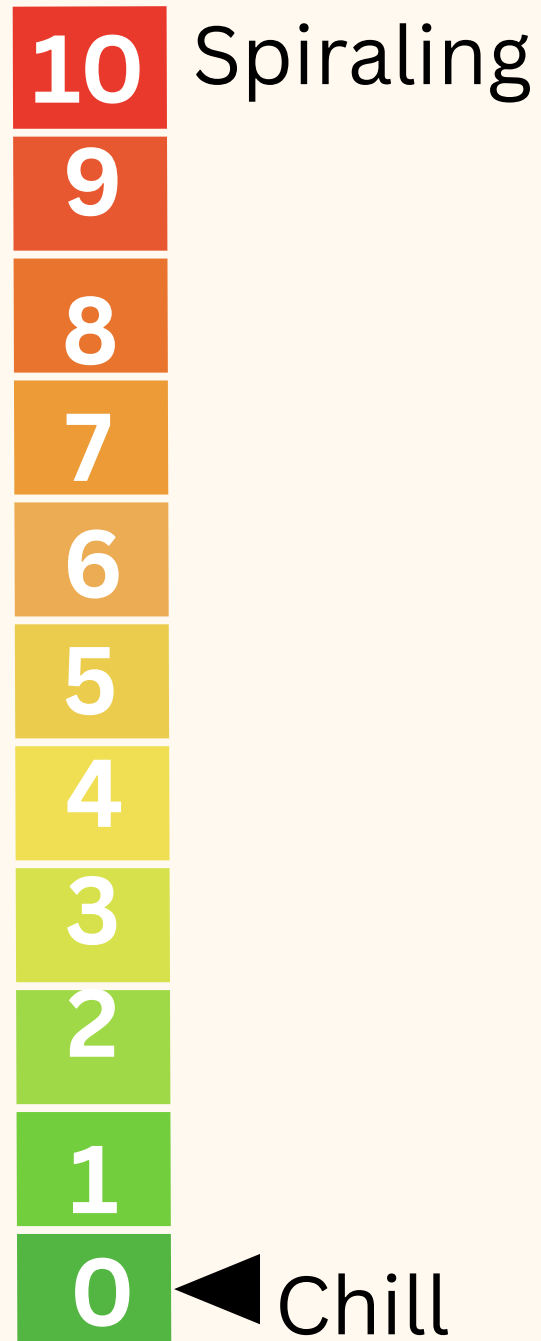




Anxiety SOS

Quick tips to get you through the spiral

Catch It Low

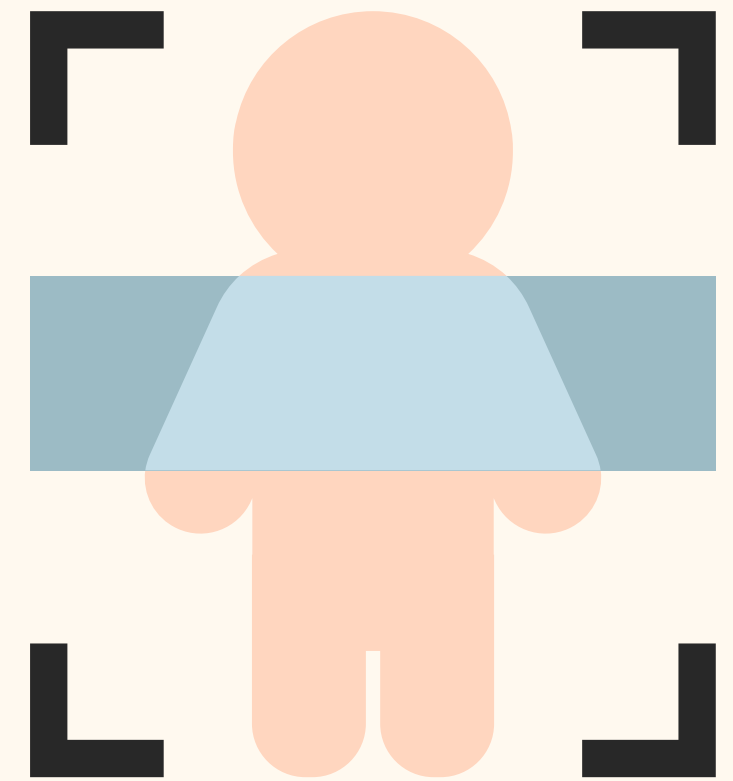


Prevention is your superpower!

Start using
strategies *before* your
anxiety hits a 10.

Notice early signs like jittery
hands, bathroom urgency, shaky
legs, headaches, or feeling hot.
These are your body's clues—
catch it low and use a skill now
before it builds.

Body Check In



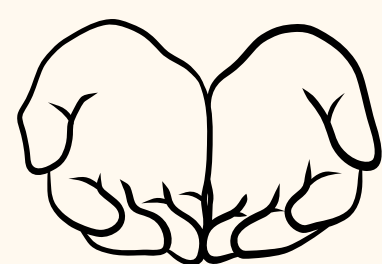
Notice what's happening to your
body.

Are your muscles tense?
Is your heart racing?
Are you feeling off?

Quick Tools

Bowl Breathing

Put your hands together in a bowl shape
in front of you. Imagine you are smelling
your favorite soup, coffee, or even hot
chocolate. Breathe in slowly through
your nose and out through your mouth.



Progressive Muscle Relaxation

Start at your toes. Tense the muscles for 10
seconds, then release as you exhale. Slowly
move up—legs, stomach, hands, arms,
shoulders, face—tensing and releasing each
area. Breathe out with each release. Let
your body unwind, one step at a time.



*Quick Tip

To quickly distract from anxious thoughts, drop your temperature with a cold
shower, holding ice in your hand, or put an ice pack on the back of your neck.



Therapy Helps



Counseling can help you
unravel anxiety at the roots
and learn lasting strategies
to help manage it.



Coming Soon:
Anxiety SOS: Beyond the Spiral
Workshop