



HELPING HANDS



How to Stop Feeling Anxious Right Now

(excerpts from webmd.com, Locke Hughes)

Everyone can benefit from ways to reduce stress and anxiety with lifestyle changes such as eating a well-balanced diet, limiting alcohol and caffeine, and taking time for yourself.

Try these expert suggestions to relax your mind and help you regain control of your thoughts.

1. Stay in the present.

Anxiety is a future-oriented state of mind. Instead of worrying about what's going to happen, bring "yourself back to the present," says psychologist [Tamar Chansky](#), Ph.D. Ask yourself: What's happening right now? Am I safe? Is there something I need to do right now?

2. Fact-check your thoughts.

It is easy to fixate on worst-case scenarios. To combat these worries, think about how realistic they are. Rather than thinking, "I'm going to bomb," say, "I'm nervous, and I'm prepared. Some things will go well, and some may not". Rethinking your fears helps train your brain come up with a rational way to deal with your anxious thoughts.

4. Breathe.

Deep breathing helps you calm down. While you may have heard about specific breathing exercises, you don't need to worry about counting out a certain number of breaths. Instead focus on evenly inhaling and exhaling. This will help slow down and re-center your mind.

5. Follow the 3-3-3 rule.

Look around you and name three things you see. Then, name three sounds you hear. Move three parts of your body -- your ankle, fingers, or arm. Whenever you feel your brain going 100 miles per hour, this mental trick can help center your mind, bringing you back to the present moment.

6. Do something.

Stand up, take a walk, throw away a piece of trash from your desk -- any action that interrupts your train of thought helps you regain a sense of control.

7. Stand up straight.

"When we are anxious, we protect our upper body -- where our heart and lungs are located -- by hunching over". Pull your shoulders back, stand or sit with your feet apart, and open your chest. This helps your body start to sense that it's back in control, Chansky says.

8. Stay away from sugar.

Research shows that eating too much sugar can worsen anxious feelings. Drink a glass of water or eat protein. This will provide a slow energy your body can use to recover.

9. Seek advice.

Call or text a friend or family member and run through your worries with them. "Stating your fears and worries aloud can help you see them clearly for what they are." It may help to write your fears on paper.

10. Watch a funny video.

Laughing is a good prescription for an anxious mind. Research shows that laughter has lots of benefits for our mental health and well-being. Humor could help lower anxiety as much as (or more than) exercise can.



Anxiety Disorder Symptoms

(excerpts from webmd.com)



The main symptom of anxiety disorders is excessive fear or worry. Anxiety disorders can also make it hard to breathe, sleep, stay still, and concentrate. Your specific symptoms depend on the type of anxiety disorder you have.

Common symptoms include:

Panic, fear, and uneasiness

Sleep problems

Cold, sweaty, numb, or tingling hands or feet

Heart palpitations

Nausea

Dizziness

Thinking about a problem over and over again and unable to stop (rumination)

Intensely or obsessively avoiding feared objects or places

Breathing faster and quicker than normal (hyperventilation)

Feelings of panic, doom, or danger

Not being able to stay calm and still

Shortness of breath

Dry mouth

Tense muscles

Inability to concentrate



IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

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Self-help resources to help people with anxiety relax the body and mind.

- [Breathing to Reduce Anxiety](#)
- [Helpful How-To Documents for Anxiety Relief](#)
- [How to Treat Anxiety Naturally](#)
- [How to Be Mindful When You're Anxious](#)
- [Leaning into Anxiety \(a meditation\)](#)
- [Relaxation Skills for Anxiety](#)
- [Spending Time in Nature to Reduce Anxiety](#)
- [Write Your Anxieties Away](#)
- [3 Anxiety Breathing Techniques You Can Practice Anywhere](#)
- [5 Mindfulness Practices to Help Reduce Anxiety](#)
- [6 Breathing Exercises to Relax in 10 Minutes or Less](#)