



Overcoming Anxiety

Anxiety can make you feel many things: nervous, tired, sad, distracted, dizzy, nauseous, shaky, sweaty or like your heart is racing. Some people are born with anxiety because it runs in the family. Other people have anxiety because of stress in their lives. For most people, both of those things are true.

Even though anxiety can stress your body and your mind, you are not alone and you can overcome it with practice. The most important thing to do is to **let someone know you need help from a trained therapist or doctor**. Therapists give you a safe place to let your feelings out and help you cope. Doctors sometimes prescribe medicine that can help as well.

Stress in your mind can affect your body and stress in your body can affect your mind, so learning ways to relax both your mind and body will help you overcome anxiety!

There are all sorts of things that can help. Here are some to try:

- Listen to this relaxing youtube video to help you fall asleep:
<https://www.youtube.com/watch?v=TRgVIslcSeo>
- Try this free app on your phone that helps you cope with stress and worry: **Mindshift**
- Practice this relaxation exercise every day:: https://youtu.be/kPPpb5_92uY
- Exercise to let out stress. Even if you don't feel like it because you're tired, you'll feel better afterwards! Try these fun workouts on youtube:
 - https://www.youtube.com/watch?v=L_A_HjHZxfI&feature=youtu.be
 - <https://www.youtube.com/watch?v=kwkXyHjgoDM>
- Try **listening to songs** that help express your mood - **Spotify** is a free music app.
- Keep a notebook where you can be creative. **Write or draw** what you feel inside to let it out.
- **Pick someone to talk to**. It can be a relative, friend, teacher, doctor, counselor, pastor - anyone who helps you feel safe and comfortable.

