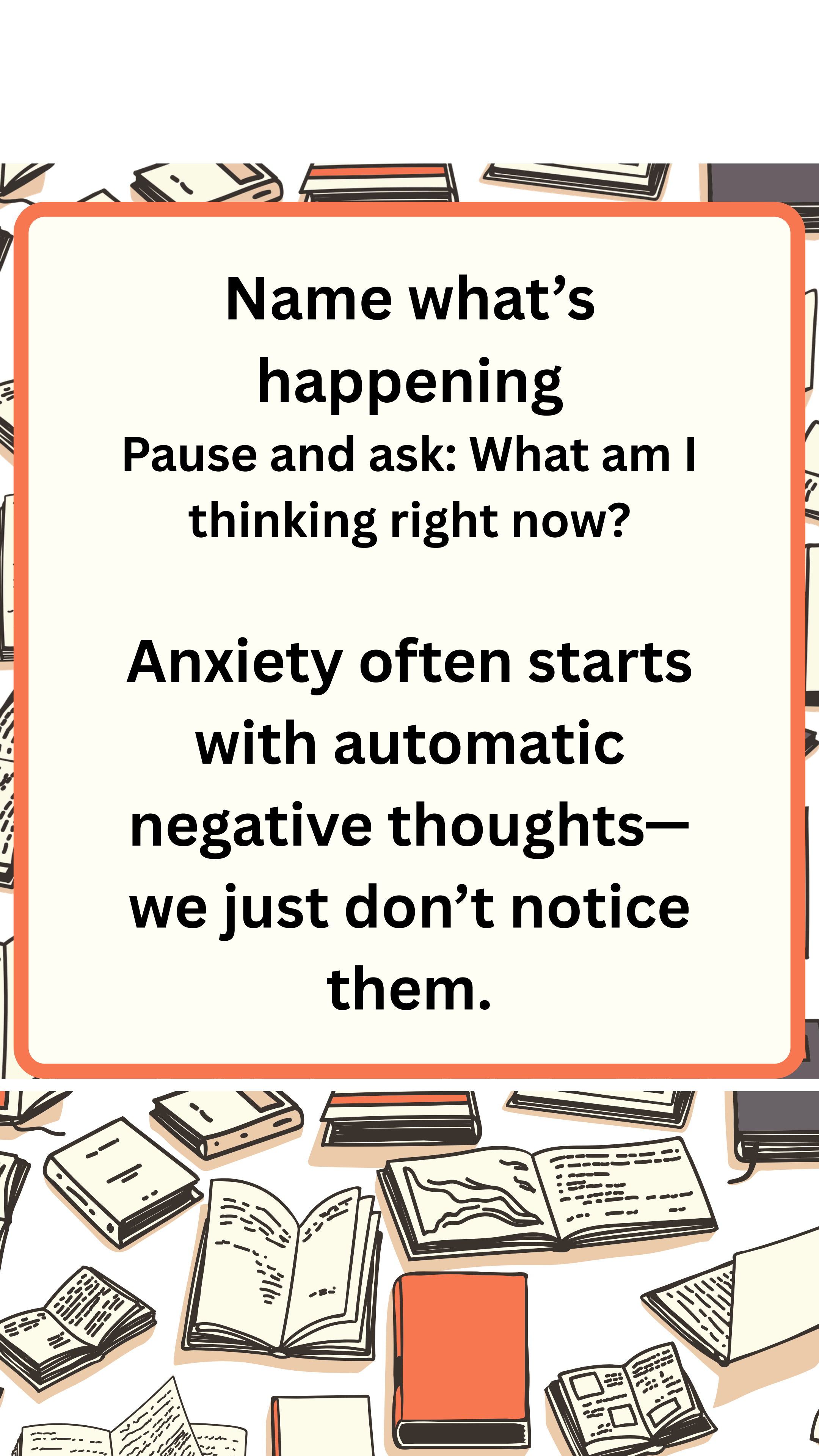




**Anxiety feels
overwhelming—but
here's how to take
control**

The background of the entire image is a collage of various books. Some are closed, showing their spines or covers in shades of yellow, orange, and brown. Others are open, displaying pages with text or illustrations. The books are scattered across the top and bottom of the image, framing a central white rectangular area with an orange border. The text is centered within this white area.

**Name what's
happening**

**Pause and ask: What am I
thinking right now?**

**Anxiety often starts
with automatic
negative thoughts—
we just don't notice
them.**



Find your triggers

**Track when anxiety
shows up (people,
places, situations).**

**Awareness is step
one to changing
patterns.**

A row of several books with different colored spines (yellow, orange, brown) and some open pages, arranged horizontally at the top of the image.

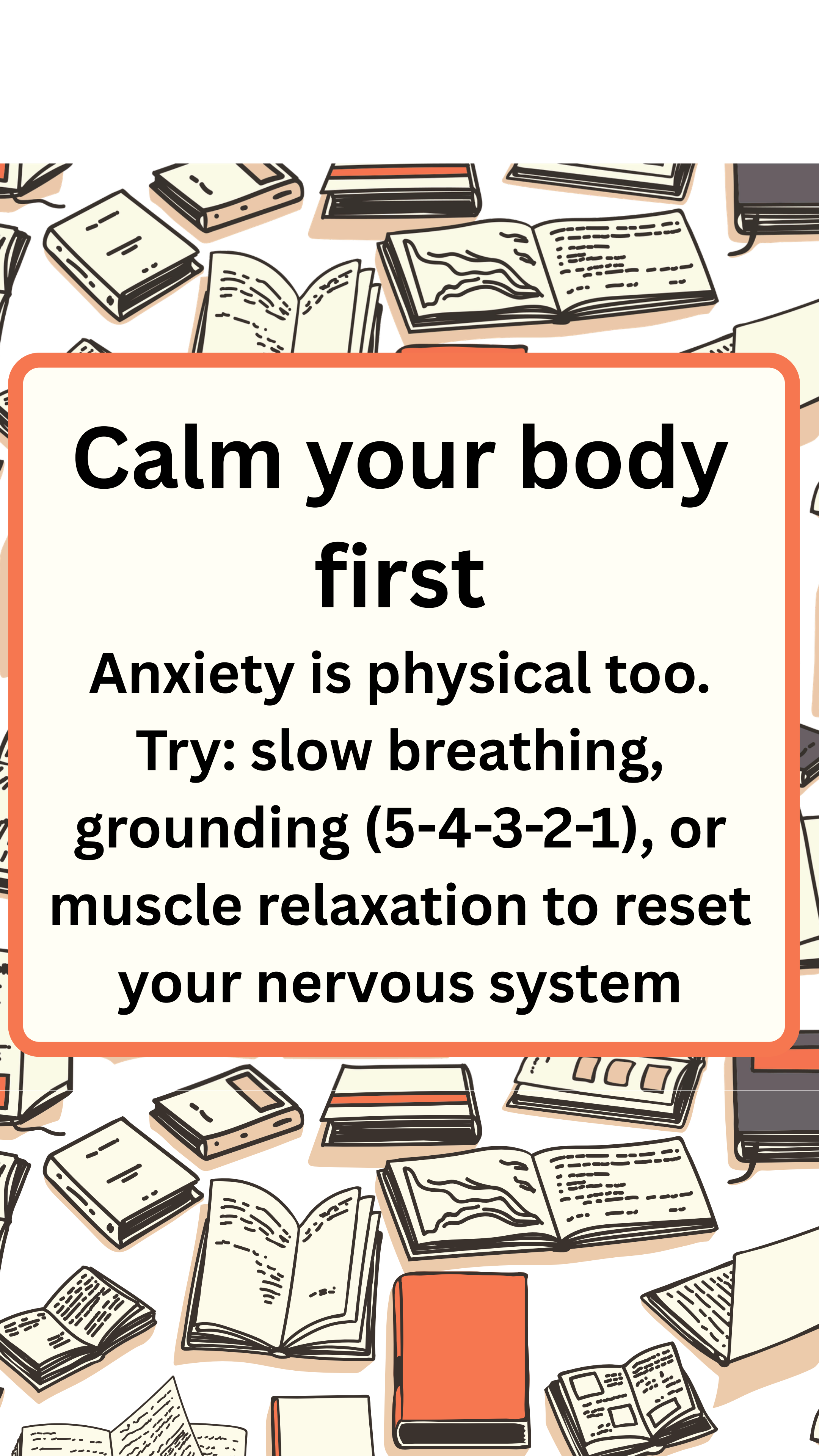
Challenge the thought

**Ask yourself: Is this
fact or fear?**

**Try replacing “I can’t
handle this” with
something balanced
like “This is hard, but I
can cope.”**

**Changing thoughts can
change how you feel.**

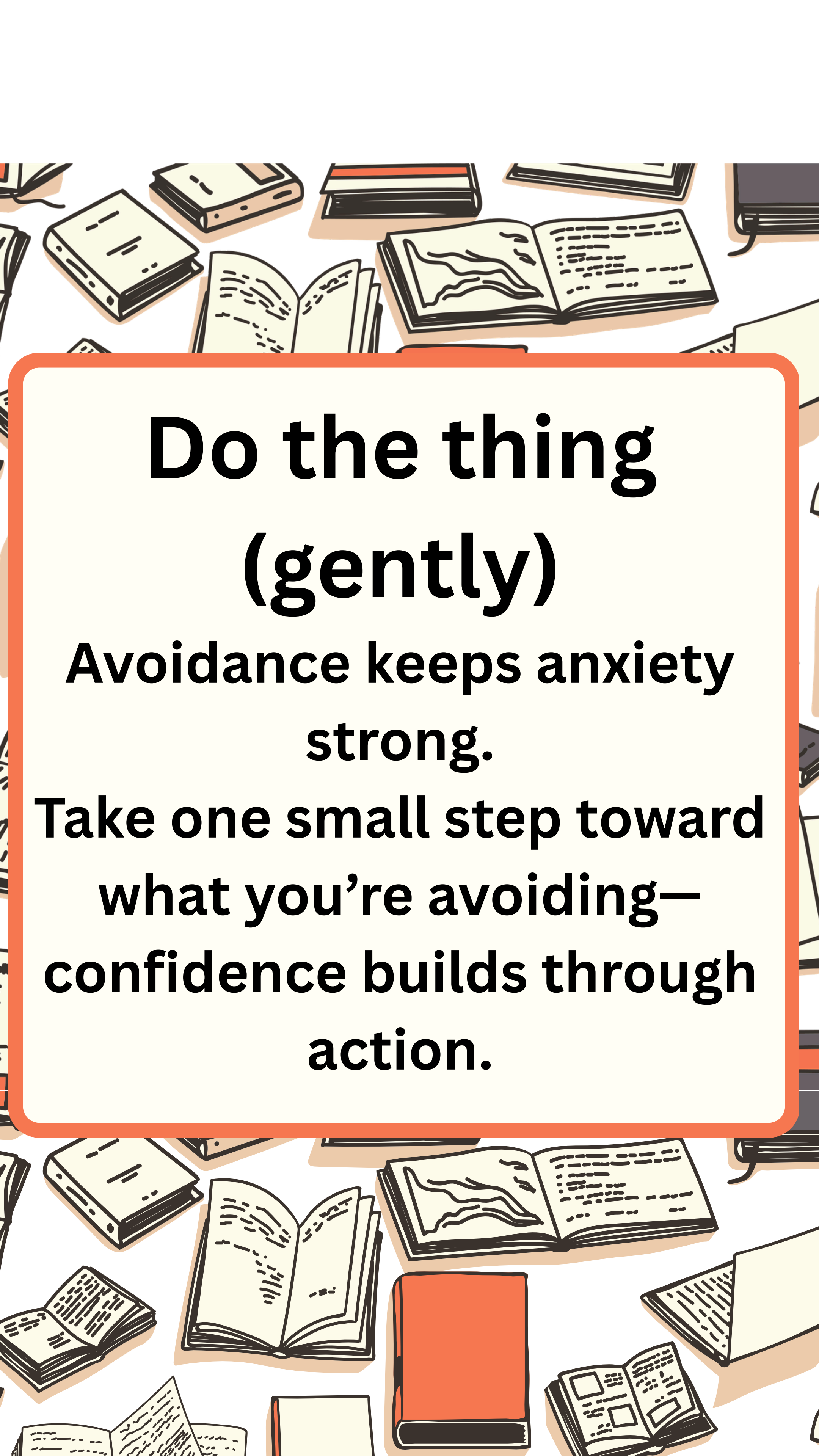
A collection of books scattered at the bottom of the image. Some are open, showing pages with text or illustrations, while others are closed. The books have various colors like yellow, orange, and brown.



Calm your body first

Anxiety is physical too.

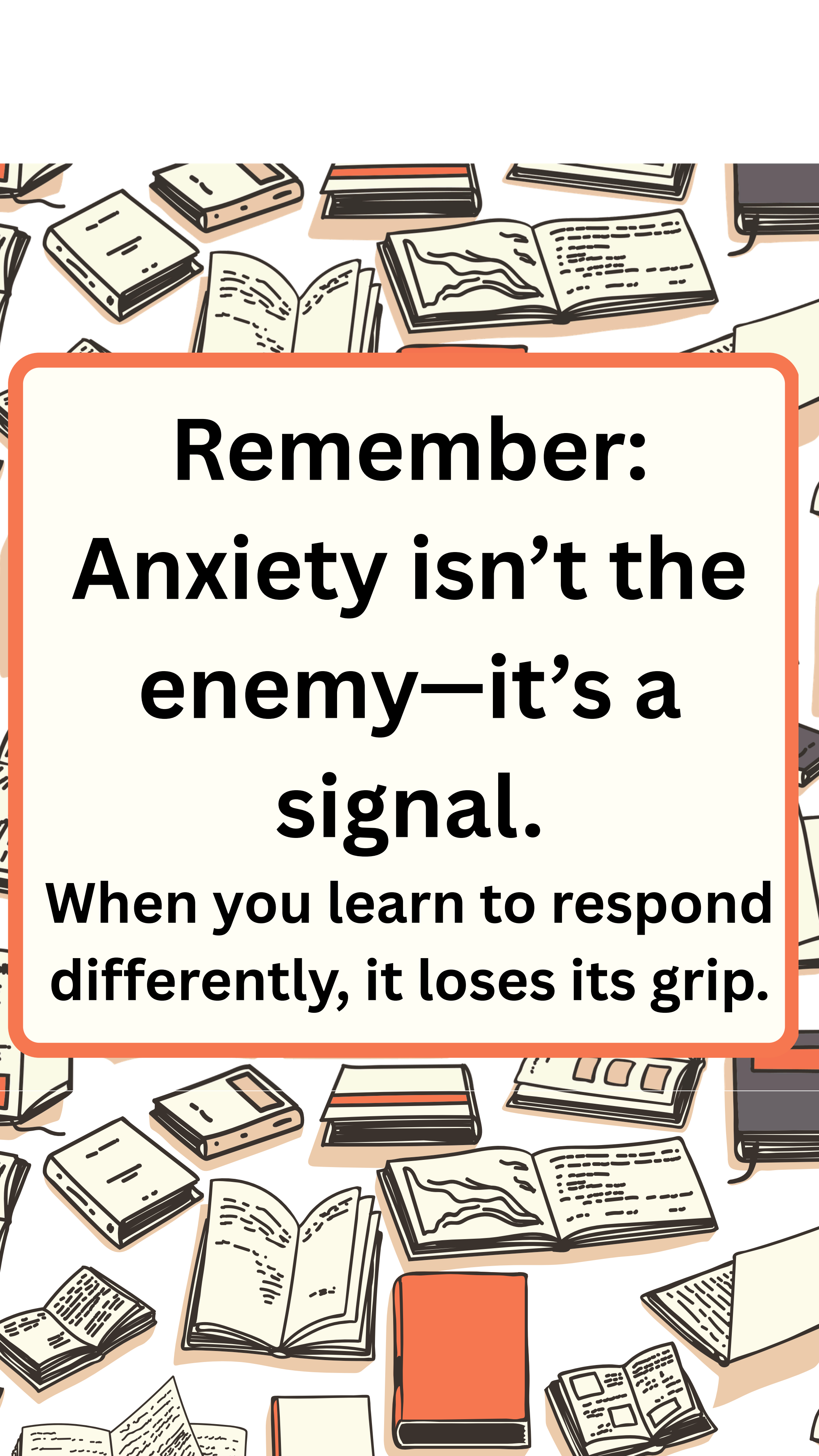
**Try: slow breathing,
grounding (5-4-3-2-1), or
muscle relaxation to reset
your nervous system**



Do the thing (gently)

**Avoidance keeps anxiety
strong.**

**Take one small step toward
what you're avoiding—
confidence builds through
action.**



**Remember:
Anxiety isn't the
enemy—it's a
signal.**

**When you learn to respond
differently, it loses its grip.**



**Save this for when your mind
starts racing** 🧠

**Share with someone who
needs this today** ❤️

**#MentalHealth #AnxietyRelief
#CBTtools #SelfHelp #Emotional**

