



ANXIETY can “dim” your light!

**Here are some anxiety facts and tips
to keep your light SHINING!**

Anxiety disorders are the most common type of mental illness in the United States, affecting 40 million adults each year. Yet only 36.9 percent of people living with anxiety disorders receive treatment. In addition to seeking professional treatment, there are self-care tools you can use daily to manage symptoms of anxiety.

Learn how to deal with anxiety using these 3 self-care tips:

1. **Relaxation training.** Learning to relax certain muscle groups can help you voluntarily relax when anxiety is running high. Start at your toes and work your way up through your body to help prompt a state of relaxation. You can find a number of guided relaxation trainings online, like this one <https://youtu.be/ihO02wUzgkc>.
2. **Exercise.** Getting up and moving for at least 30 minutes a day (walking, jogging or lifting weights) may help mitigate some symptoms of anxiety when they arise, or can help prevent anxiety before it starts.
3. **Meditation.** Learning to clear your mind through meditation can be a great tool to alleviate anxiety and stay present. Focusing on your breath and body sensations, and non-judgmentally evaluating your thoughts as they enter your mind, have been proven to reduce anxiety. Try a free meditation app like, *InsightTimer* or *The Mindfulness App*. **Knowing what tools are available is a great first step when it comes to dealing with anxiety!**



All Spoon River College students can access on-demand medical visits and mental health services! To register, scan this code, log into your student account and click on the TimelyCare app.
You have access anytime from anywhere!

Be the Difference when it comes to Mental Health! Compliments of HEAL Student Association