

ANXIETY

HELP! I'M FREAKING OUT!

A TINY GUIDE



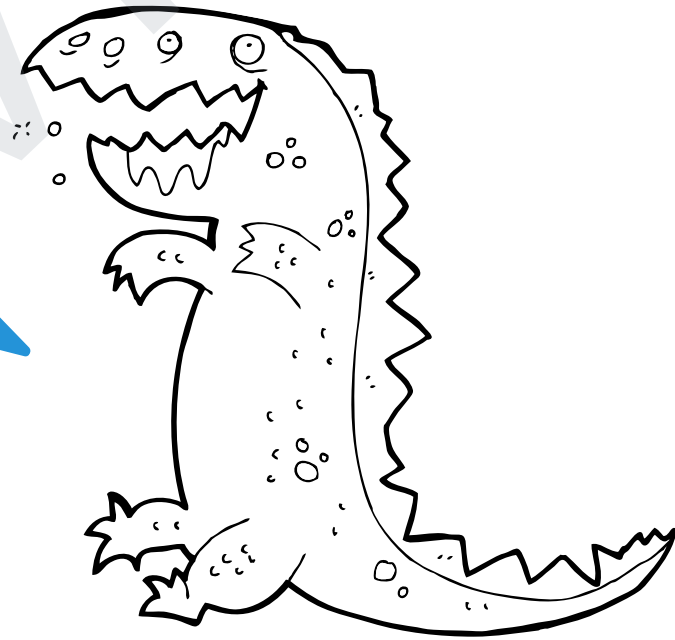
CREATING
A CULTURE
OF DIGNITY

*When you're
feeling this way
you have 2
options:*



**When you're feeling
helpless, powerless, or
overwhelmed it's
important to
remember:**

**Emotions
are real but
they aren't
facts.**



WHEN YOU SLOW DOWN



You're choosing to get active with your emotions and analyze them. You're reminding yourself feelings are not facts.

You're choosing to get unstuck by processing how you're feeling.

You're choosing to regain some control.

