



Anxiety & Stress Relief

— Toolkit —



Welcome!

Find calm and relief from anxiety and stress
with this gentle, guided workbook.



Welcome to Your Toolkit

You're taking a positive step by using this toolkit to ease anxiety and relieve stress, and we're happy to walk this path with you! 💜

In this toolkit, you'll find practical tips, helpful exercises, and soothing techniques to help calm your mind and body in stressful moments.

Here's what this toolkit will help you do:

- Ease feelings of worry and overwhelm 😊
- Understand and manage anxiety signs & triggers ★
- Practice calming and grounding exercises 🌿
- Plan and reflect to regain calm and balance 💜

Be kind and gentle with yourself as you use these tools; take everything at your pace and know that you're doing great just by being here.



What You'll Learn

In this toolkit, you'll learn how to:

-  Understand anxiety and stress
-  Identify your triggers and anxieties
-  Use simple coping strategies to find calm 🌿
-  Practice grounding and relaxation techniques 💖
-  Create a personalized stress relief plan
-  Build healthy, calming habits 💖



You'll be guided with gentle exercises and tips to help you regain calm and balance. Let's get started!

What is Anxiety?

Anxiety is a natural response to stress, but when it becomes overwhelming, it can interfere with daily life. Understanding what anxiety is is the first step in managing it.

Anxiety is:

- ✓ A feeling of worry, fear, or unease often in response to stress or uncertainty
- Both emotional and physical, showing up as racing thoughts, rapid heartbeat, restlessness, or tension
- ✓ An early warning system that prepares your body to respond to perceived threats (the “fight-or-flight” response)



It's important to recognize and understand your anxiety so you can manage it in healthy ways.





Signs & Symptoms of Anxiety

💖 Physical Symptoms

- 💜 Heart pounding or chest tightness 💖
- 💜 Shortness of breath 🫁
- 💜 Sweating or shaking 🥶
- 💜 Dizziness or feeling lightheaded 🌀
- 💜 Trouble sleeping 🛌
- 💜 Restlessness or fatigue 😫

💖 Emotional Symptoms

- 💜 Constant worry or fear 💭
- 💜 Feeling overwhelmed or on edge 🌀
- 💜 Trouble concentrating or mind going blank 🧠
- 💜 Irritability or mood swings 🌪️
- 💜 Feeling detached or unreal ⚡
- 💜 A sense of impending doom 🚨

🌿 Behavioral Symptoms

- 💜 Avoiding certain situations or places 🚪
- 💜 Seeking constant reassurance 🗣️
- 💜 Difficulty relaxing or sitting still ☁️
- 💜 Heightened alertness or startle response 🔔

If you notice these signs, it's important to take compassionate steps to care for yourself.



Understanding Your Triggers

Everyone has different triggers that can cause anxiety or stress. Triggers are situations, thoughts or experiences that make you feel anxious or overwhelmed. Identifying your triggers is important for managing anxiety.

What are triggers?

Triggers are anything that sets off feelings of worry, stress, or fear. They can be external (things around you) or internal (thoughts or feelings).



External triggers

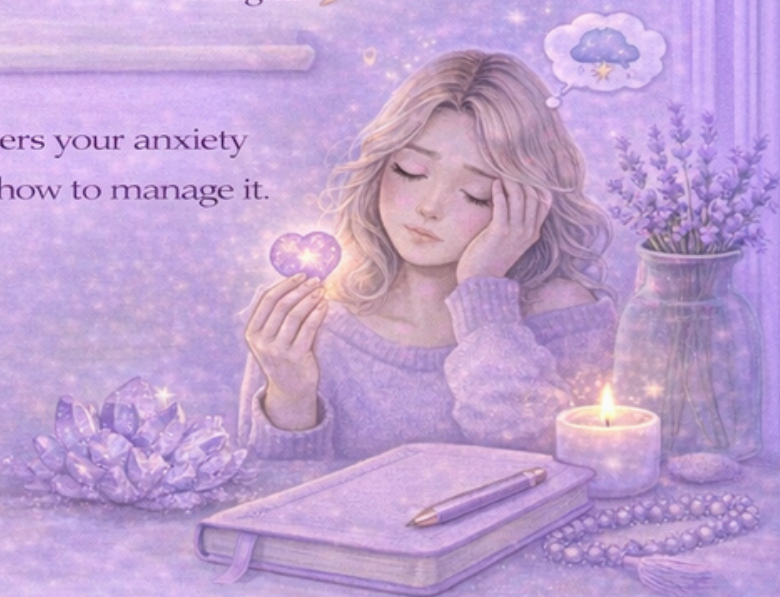
- ♥ Loud noises or crowded places 🗣️
- ♥ Work demands or deadlines
- ♥ Conflict or relationship issues



Internal triggers

- ♥ Negative self-talk or self-doubt
- ♥ Memories of past stressful events 😞
- ♥ Uncertain or worrisome thoughts 🤔

Being aware of what triggers your anxiety is the first step in learning how to manage it.





Coping Strategies

By using healthy coping strategies, you can manage your anxiety triggers in a calm and positive way. Here are some simple, effective strategies to help you cope:

Healthy Coping Strategies



Practice Deep Breathing

- ♥ Inhale deeply through your nose, hold, then exhale slowly through your mouth to calm your body and mind.



Challenge Anxious Thoughts

- ♥ Question negative thoughts and replace them with positive or more realistic ones.



Use Positive Affirmations

- ♥ Repeat uplifting and calming statements to yourself such as, "I am safe and in control," or "I can handle this."



Ground Yourself in the Present

- ♥ Focus on your senses—notice what you can see, hear, touch, smell, and taste to bring yourself back to the present moment.



Engage in Physical Activity

- ♥ Take a short walk, do some yoga, or stretch to release tension and boost your mood.

Remember, it's okay to take a break and care for yourself whenever you feel overwhelmed.



Create Your Calming Plan

Take a few moments to create a calming plan that you can use to ease anxiety when it arises. Follow these steps to design your own go-to plan for finding calm.

Healthy Coping Strategies



Identify Your Triggers

- ♥ Reflect on situations, thoughts, or experiences that commonly trigger your anxiety. Write them down so you can become aware of what affects you most.



Preparation Steps

- ♥ Write down simple calming strategies that you can use when feeling anxious, such as deep breathing, grounding exercises, or affirmations.



Daily Stress Relief

- ♥ Choose a few calming activities to practice regularly, like journaling, meditating, spending time in nature, or practicing mindfulness.



Engage in Physical Activity

- ♥ Take a short walk, do some yoga, or stretch to release tension and boost your mood.

Remember: it's okay to take a break and care for yourself whenever you feel overwhelmed.





Reflect & Identify Your Triggers

Take a few moments to create a calming plan that you can use to ease anxiety when it arises. Follow these steps to design your own go-to plan for finding calm.

Healthy Coping Strategies



How am I feeling right now?

- ♥ Reflect on situations, thoughts, or experiences that commonly trigger your anxiety. Write them down so you can become aware of what affects you most.



What situations or thoughts

- ♥ Question negative thoughts and replace them with positive or more realistic ones.



What physical sensations do I notice when I feel anxious?

- ♥ Do a few calming activities -to practice regularly, like journaling, meditating, spending time in nature, or practicing mindfulness.



How does anxiety affect my daily life?

- ♥ Choose a few calming activities to practice regularly, like journaling, meditating, spending time in nature, or practicing mindfulness.

Write freely and without judgment.

This is your space to explore and understand your triggers.





Grounding & Relaxation Techniques

Grounding and relaxation techniques can help calm your mind and body when you're feeling overwhelmed by anxiety or stress.

Here are some effective methods to bring yourself back to the present moment and find calm.

5-4-3-2-1 Grounding



Notice 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste to calm your mind.



Progressive Muscle Relaxation

Slowly tense and then relax each muscle group in your body, starting from your toes up to your head, releasing tension as you go.



Safe Place Visualization

Imagine a serene, safe place in your mind. Use all your senses to make it feel real and focus on being in that comforting place.



Butterfly Hug

- ♥ Cross your arms over your chest, tap your hands on your upper arms alternately from left to right, like the wings of a butterfly, to soothe yourself.



Body Scan

- ♥ Close your eyes and take slow, deep breaths. Gently bring awareness to each part of your body, starting from your feet up to your head, noticing and relaxing any tension.



Take time to practice these methods.
Grounding and relaxation techniques are like a gentle anchor,
helping you feel safe and centered.





Daily Calming Activities

Incorporating calming activities into your daily routine can help reduce stress and promote inner peace. Here are some soothing activities to consider.



Morning Gratitude

Start your day by writing down a few things you're grateful for. Begin your morning with a positive mindset.



Mindful Breathing

Spend a few minutes focusing on your breath. Inhale slowly, hold, then exhale gently, returning your attention as you go.



Nature Walk

Take a walk in nature, feel the fresh air, listen to the sounds of birds or flowing water, and enjoy the beauty of the outdoors.



Gentle Yoga or Stretching

Practice gentle yoga or simple stretching for 10-15 minutes to release tension, improve flexibility, and calm your mind.



Relaxing Bath or Shower

Take a warm bath or shower to relax your muscles. Use calming bath salts, scented oils, or simply enjoy the warmth of the water.



Journaling

Write down your thoughts and feelings. Use journaling as a tool to express yourself, release worries, or focus on positive affirmations.



Soothing Music

Listen to calming music or nature sounds. Let the soothing melodies help you relax and unwind.



Engaging in calming activities regularly can nurture your mind, body, and spirit. Choose activities that speak to you and fit easily into your life.



Calming Affirmations

Affirmations are positive, calming statements that can help reduce stress and promote inner peace. Recite these affirmations whenever you need reassurance or a moment of calm.

- 
- I am safe in this moment
- 
- This feeling will pass
- 
- I can handle this one step at a time
- 
- I am not alone in how I feel
- 
- My thoughts do not control me
- 
- I trust myself to overcome challenges
- 
- I am worthy of peace, love, and happiness
- 
- I release what I cannot control
- 
- I choose to think positive and calming thoughts.
- 
- I am surrounded by support and love
- 
- I am gentle and compassionate with myself.
- 
- Each breath I take fills me with calm and comfort.



*Be gentle with yourself--
you are doing the best you can*





Resources & Support



Remember, it's okay to reach out for support when you're feeling overwhelmed. These resources can provide additional help and guidance.



Therapy



Consider seeking help from a licensed therapist who can provide tools and techniques for managing anxiety and stress.



Mental Health Hotlines

Call a mental health or crisis hotline if you need immediate support. A trained professional can offer guidance and a listening ear.



Support Groups



Join in-person or online support groups where you can connect with others who understand what you're going through.



Mental Health Apps

Explore mental health apps, offering relaxation exercises, guided meditations, journaling prompts, and coping tools.



Self-Help Books

Read books on anxiety, stress relief, and mindfulness to gain insights and strategies for managing emotions.



*You are not alone. Reaching out
for help is a sign of strength.*





You Are Not Alone



You've taken an important step in caring for your mental health. Remember, anxiety does not define you and you have the power to heal and find peace within yourself. Be patient with yourself. Healing takes time, and it's okay to move forward one day at a time.



You've taken an important step



Anxiety does not define you



You can return to these tools anytime



I am not done in how I feel



My thoughts do not control me



I can slow down and breathe



*Be patient with yourself—
—you are doing better than you think.*

