

Managing Anxiety

Anxiety can often make us feel like we've lost the ability to navigate and control certain situations. It can influence the way you think and the way you process information. With the right tools, you can start to reframe your thinking and better manage your anxiety.

Registered social worker Sarah Rosenfeld details various strategies you can use to help navigate your anxiety and manage uncertainty and unpredictability.

1
Breathing exercises

2
Leave the environment you're in and grab a glass of water




3
Do something active that you enjoy

4
Reach out to a friend to distract yourself from the anxious feeling

5
Look at old photographs or something that relates to a good memory

6
Think of anxiety as an opportunity to learn different things about yourself

Want more Living Fully? Follow Calgary Counselling Centre on social media to get the latest updates and check us out wherever you get your podcasts!

We can also be found on:   

Living Fully is a Calgary Counselling Centre podcast.

CALGARY
counselling
centre

calgarycounselling.com