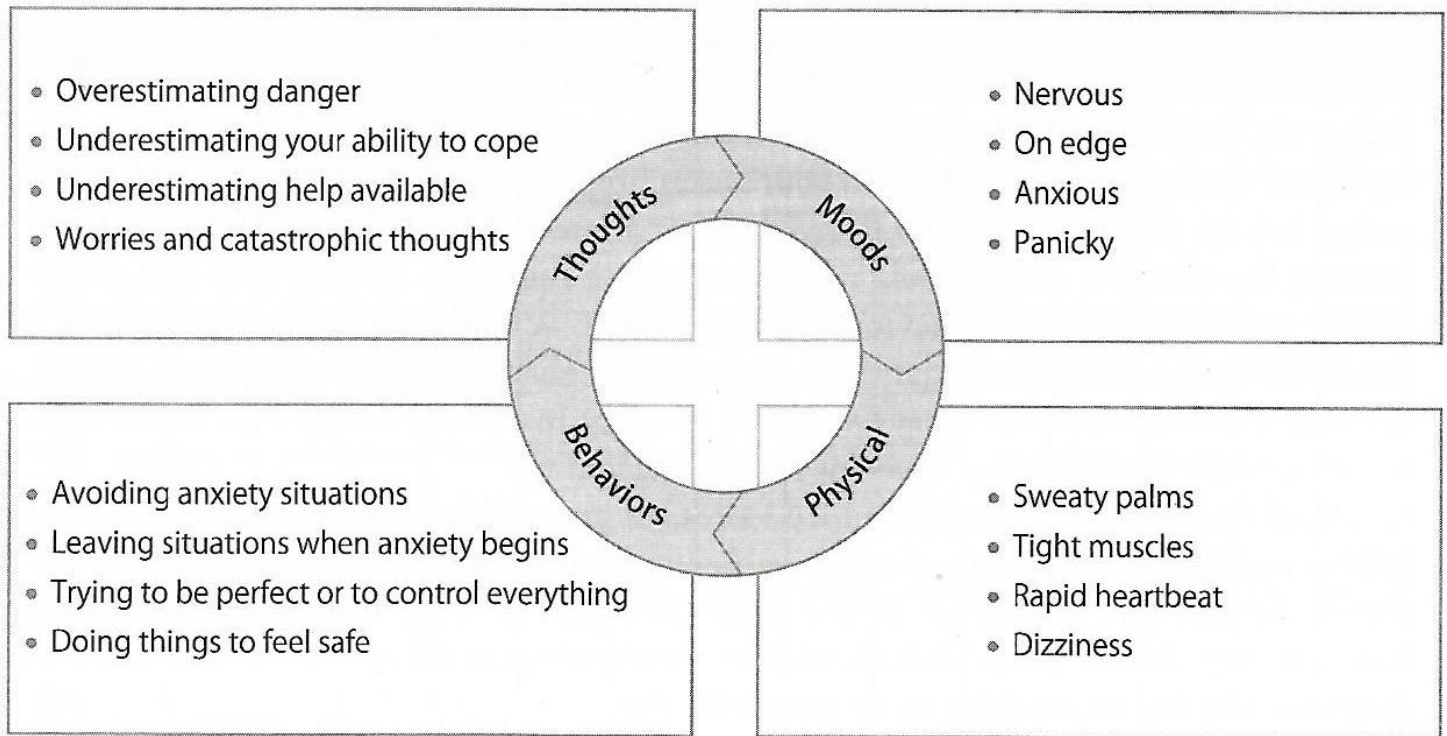


## Profile of Anxiety Symptoms



## Managing Your Anxiety

It is normal to want to leave or avoid situations when you feel anxious. It is important to overcome this tendency and stay in situations so you learn to tolerate your anxiety and discover that you are capable of handling the challenges of your fear. You will learn ways to manage and reduce your anxiety, as well as to tolerate increasing amounts of anxiety.

There are a number of things you can do. Such as:

- Living one day at a time, enjoying one moment at a time
- Mindfulness and acceptance
- Breathing exercises
- Progressive Muscle Relaxation
- Imagery
- Confrontation (Fear Ladders)