Simple Steps to Manage Anxiety
What is Anxiety?

• Anxiety is your body’s natural response to stress. It’s a feeling of fear or apprehension about what’s to come.
I am feeling anxious......but is it bad?

- Everyone experiences anxiety
- Feeling anxious in certain situations can help by helping us avoid danger.

**Prevention Behaviors**
- Stay indoors
- Wear masks
- Wash hands
When does anxiety become a “problem”?

• When your worries are **persistent**
• When your worry is **out of proportion** to the reality of the threat
• When your worry **get in the way** of you living your life.

I took my mask off for 5 seconds so I think I have caught the virus!
## Signs and Symptoms of Anxiety

### Feeling:
1. You might be feeling:
   - very worried or afraid most of the time
   - tense and on edge
   - nervous or scared
   - panicky
   - irritable, agitated
   - worried you’re going crazy
   - detached from your body
   - feeling like you may vomit.

### Thinking:
2. You may be thinking:
   - ‘everything’s going to go wrong’
   - ‘I might die’
   - ‘I can’t handle the way I feel’
   - ‘I can’t focus on anything but my worries’
   - ‘I don’t want to go out today’
   - ‘I can’t calm myself down’.

### Experiencing:
3. You may also be experiencing:
   - sleep problems
   - pounding heart
   - sweating
   - ‘pins and needles’
   - tummy aches, churning stomach
   - light-headedness, dizziness
   - problems concentrating
焦虑是你的身体对压力的自然反应。是对即将发生的事情感到恐惧或担心。
Ways to Manage Anxiety
1. Manage Your Thinking

• Recognize and change harmful thought patterns that form the foundation of anxious and troublesome feelings.

Tip: Typically when we try to push anxiety away, it comes back even stronger. Therefore, we learn to restructure them when they come up to make them less scary.
Three Step Process to Managing Thoughts

1. Identify your negative thoughts
2. Examine the evidence
   E.g. how likely will this happen?
3. Replace with more helpful thoughts
I took my mask off for 5 seconds so I think I might have caught the virus!

So.....What are the chances of that happening?
Practice makes... the brain change?

- When we modify thoughts, we actually change the brain! Practicing different types of thought patterns over and over actually rewires our brain so that new, more realistic and helpful patterns of thought can become more natural.
2. Distinguish between solvable and unsolvable worries

- If the worry is solvable, start brainstorming. Make a list of all the possible solutions you can think of.
- If the worry is not solvable, accept the uncertainty. Focusing on worst-case scenarios will only keep you from enjoying the good things you have in the present.
3. Build a Support Network

• Talk with familiar people who are supportive, such as a family member or friend.

**Tip:** Avoid talking about anxiety provoking topics continuously or engage in activities that causes constant reminders e.g. checking weibo every hour for updates on the virus vs checking once a day.
4. Relaxation Techniques

- Simple activities can help soothe the mental and physical signs of anxiety. These techniques include meditation, deep breathing exercises, long baths, resting in the dark, and yoga.

Tips: Best time to practice meditation is right before you go to sleep.
5. Look after your body

• Limit alcohol and caffeine
• Eat well balanced meals e.g. avoid “wai mai”
• Get enough sleep (we have plenty of time for that!)
• Exercise daily (plenty you can do indoors!)
6. Stay in the Present Moment

• Anxiety can make your thoughts live in a terrible future that hasn’t happened yet. Try to bring yourself back to where you are.

The whole country is going to be contaminated!

That hasn’t happened yet....
7. Practice Positive Thinking

Us humans tend to notice the negative more than the positive. It’s a hardwired evolutionary-based response that makes the brain more sensitive to loss than to gain but we can change this by recognizing the positives things around us.
Keep Safe = Body and Mind
Contact Us  联系我们

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应对焦虑的简单步骤
什么是焦虑？

• 焦虑是你的身体对压力的自然反应。是对即将发生的事情感到恐惧或担心。
我感到焦虑……这是不是不好呢？

- 每个人都会经历焦虑
- 在某些情况下感到焦虑可以帮助我们避免危险。

预防行为
- 待在室内
- 戴口罩
- 洗手
焦虑什么时候会成为“问题”？

- 当你的担心持续存在
- 当你的担心与现实的威胁不成比例
- 当你的担心妨碍了你的生活。

我摘下口罩5秒钟，我想我已经感染了病毒！
焦症的症状和体征

1. 你可能会感觉到:
   - 总是非常担心或害怕
   - 压力和坐立不安
   - 紧张或恐惧
   - 恐慌
   - 易怒、烦躁
   - 担心自己会发疯
   - 感觉魂不守舍
   - 感觉可能会呕吐。

   ![Image](image_url)

2. 你可能会认为:
   - “一切都不对劲”
   - “我可能会死”
   - “我无法控制自己的感觉”
   - “除了担心，我难以集中注意力”
   - “我今天不想出去”
   - “我无法让自己平静下来”

3. 你可能会出现:
   - 睡眠问题
   - 心脏砰砰跳
   - 出汗
   - ‘坐立不安’
   - 肚子痛、反胃
   - 眩晕、头昏眼花
   - 注意力不集中

   ![Image](image_url)
应对焦虑的方法
管理你的思维

1. 识别和改变有害的想法，这是应对焦虑和不良情绪的基础。

小贴士：通常，当我们试图消除焦虑时，焦虑会变得更加强烈。因此，当焦虑出现时，我们要学会对其进行调整，以减轻恐惧感。
管理想法的三步骤

1. 识别你的消极想法
2. 用客观证据进行理性评价
   例如，发生这种情况的可能性有多大？
3. 替换为积极的想法
我摘下口罩5秒钟，我想我已经感染了病毒！

那么.......这件事发生的可能性有多大呢？
练习可以使......大脑改变?

• 当我们改变想法时，我们实际上在改变大脑！反复练习不同类型的思维模式，实际上可以使我们的大脑重新连接起来，从而更加自然地形成新的、更现实的和更有用的思维模式。
2. 区分可解决的和不可解决的问题

- 如果你担心的问题是可以解决的，列出你能想到的所有可能的解决方案。
- 如果你担心的问题是无法解决的，尝试接受不确定性。只关注最坏的情况会使你无法享受当下的美好事物。
3. 建立支持网络

- 定时与家人或朋友等熟悉人交谈。

小贴士：避免持续谈论引起焦虑的话题，或尽量避免参与引起焦虑的活动，例如，时时刻刻查看微博以获取关于病毒的更新。建议一天查看一次即可，并且尽量参与别的活动和话题。
4. 放松技巧

- 简单的活动有助于缓解焦虑的心理和生理症状。这些技术包括冥想、深呼吸练习、泡浴、闭目休息和瑜伽等。

小贴士：练习冥想的最佳时间是在睡觉前
5. 照顾好你的身体

- 限制酒精和咖啡因
- 均衡的饮食，避免“外卖”
- 充足的睡眠（我们有足够的睡眠时间！）
- 每天锻炼（你可以在室内做很多运动！）
6. 活在当下

• 焦虑会使你的想法处于一个尚未发生的可怕未来中。于是我们必须试着使自己活在当下。
7. 练习积极想法

相对于积极的想法，我们人类倾向于更注意消极的想法。这是一种基于进化论的固有反应，使大脑对失去比获得更敏感，但我们可以识别周围积极的事物来改变这一点。
注意身心安全
Contact Us  联系我们

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