

Feeling anxious?

Occasional anxiety is an expected part of life. It's a normal reaction to stress that comes and goes, depending on what's happening in our lives and how we're feeling the impact.

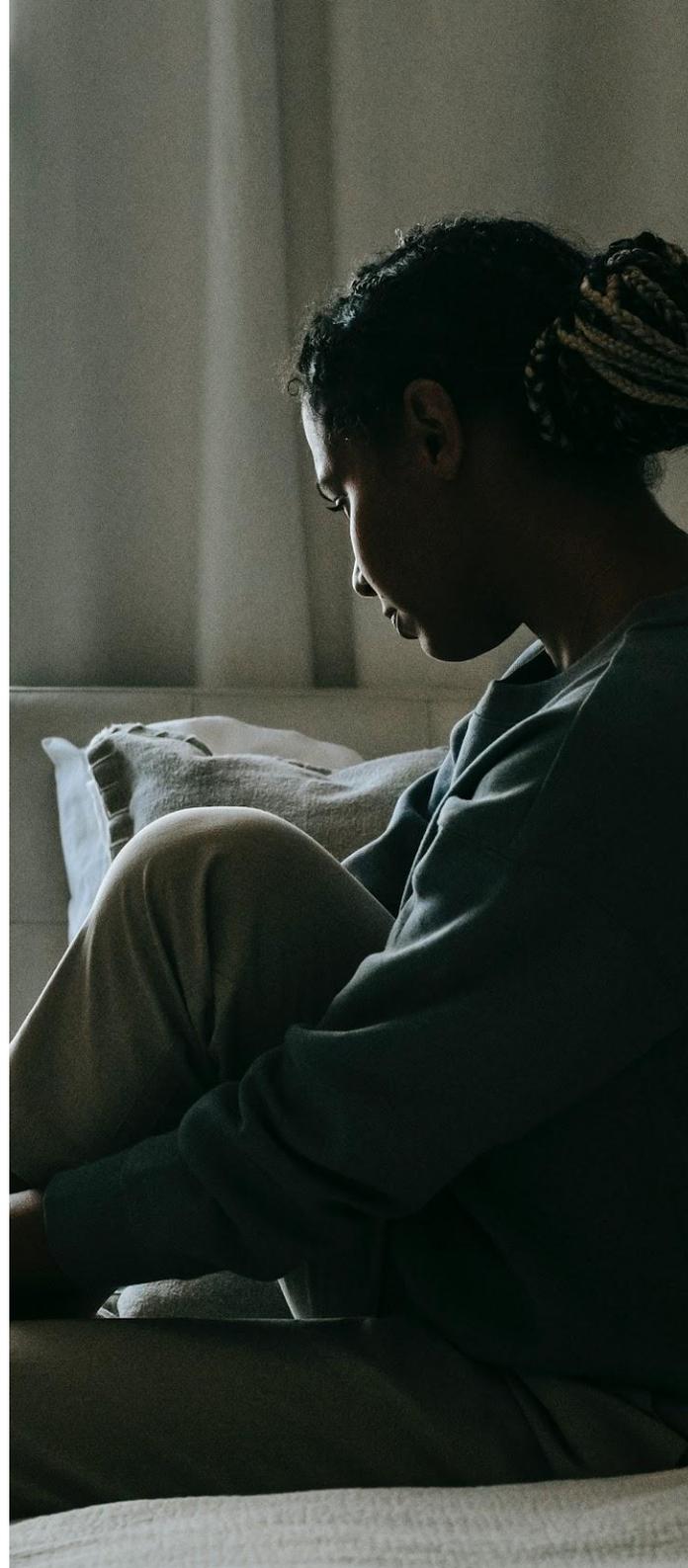
Anxiety can feel like:

- Being fidgety or restless, or just not feeling like yourself
- Difficulty concentrating or sleeping
- Irritability you just can't shake
- Physical aches and pains: headaches, sore neck, upset stomach

If you're struggling with these symptoms:

- **Pause and take time to breathe.** Taking 5 deep breaths can help reset your nervous system and reduce the intensity of anxiety.
- **Eat well and get good rest.** Even if you can't sleep, resting helps.
- **Talk about it.** Share your feelings with someone who makes you feel comfortable.
- **Move your body.** Anxiety is energy, and exercising or going beyond your normal activity level can help reduce the intensity.

Reviewed for accuracy by Spring Health clinician, Amy Cirbus, PhD, LPC



Take a moment to
practice mindfulness:
["Daily Mindfulness - A Story"
Moments Exercise](#)