

Road Map for Change

Managing anxiety
“when there is just so much to
worry about”



1

Let's explore why it can be difficult to manage our anxiety

Meet John



John and his family are caring for his sick and elderly parents while trying to balance a tight budget and working multiple jobs. On top of all of his personal challenges, a lot seems to be going on in the news, which John checks regularly. John can't seem to take his mind off these stressors in his life, and he keeps on obsessing over what could go wrong in the future.

This obsession makes John feel worried, overwhelmed and nervous, and he sometimes even feels like he can't catch his breath. To help take his mind off things, John drinks a few beers every evening.

Here's a map of John's story:

What is happening?

- Caring for sick elderly parents
- Balancing a household budget while working two jobs
- Scary stories in the news

How does he feel?

- Difficulty catching breath
- Worried
- Overwhelmed
- Nervous

What is he doing (or not doing)?

- Constantly obsessing about things outside his control
- Drinking to take his mind off things

2

**What parts of your story sound like John's?
How is your story different?**

3

What step can you take in the next week towards managing anxiety?

Here are some ideas based on how ready you are to manage your anxiety

Not quite ready...

- Talk with someone who is in a similar situation

Still thinking about it...

- Talk with someone who has successfully dealt with anxiety

Getting ready...

- Learn more about anxiety from a trusted source (www.anxietycanada.com)

I'm ready now!

- Practice focused breathing for five minutes a day
- Talk to your medical provider about how to manage anxiety

Maintaining change

- Plan for healthy rewards for meeting goals
- Create a plan to get back on track after a relapse

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I'm here to help!

As your Health Navigator, I'm here to support you in finding ways to achieve your health goals.

I'll follow-up with you on:

Feel free to call me before your appointment with any questions:

Facts About Managing Anxiety



Managing your anxiety helps you sleep better

Learning to manage your anxiety will help with your breathing and overall mood



Managing anxiety reduces your risk for heart disease and stroke

Managing your anxiety can help you be there for your loved ones



“ It’s that one-on-one personal support that I think is very good for me. It has helped me stay on the right track, encouraged. To change old habits, it’s not that easy, so it impressed me to have someone who is there to encourage you and be very concerned about you.” ~Kathie P.