

## See a doctor if

- You feel like you're worrying too much and it's interfering with your work, relationships, or other parts of your life
- Your fear, worry, or anxiety is upsetting to you and difficult to control
- You feel depressed, have trouble with alcohol or drug abuse, or have other mental health concerns along with anxiety
- You think your anxiety could be linked to a physical health problem
- You have suicidal thoughts or behaviors — if this is the case, seek emergency treatment immediately.



## International Community Health Center

### Address

370 East Market St., Akron, OH 44304  
2999 Payne Ave., Suite 140  
Cleveland, OH 44114

### Phone

(234) 312-3607 Akron  
(216) 361-1223 Cleveland

### Website

<https://www.asiaohio.org/services/ichc/>  
(or scan the QR code above)

### SUICIDE CRISIS HOTLINE

(800) 273-8255



How to keep  
your mind in  
good health

ASIA-ICHC 2021

## Cope with your anxiety

- *Learning Relaxation Strategies*
- *Mindfulness, Meditation, and Yoga*
- *Exercise, Healthy Diet, and Rest*
- *Awareness and Identifying Triggers*
- *Supportive Friendships & Family*
- *Therapy as needed*

## Let's Practices!

### 478 Breathing

*Breath in and count to 4*

*Hold your breath and count to 7*

*Breath out and count to 8*

*Repeat...*

### Out of My Control

- e.g.
- What happens in the future
  - Vast majority of my emotions & feelings

### Within My Control

- e.g.
- How I respond to my emotions & feelings
  - What I say and do to influence other people

Write down things you are  
worrying about.

Focus on what you can control,  
leave uncontrollable things behind

What can I do to help a family member  
or a close friend cope with anxiety?

### LISTEN

- One of the most important things you can do is to **listen** to your family member or friend talk about the things in their life that are sources of stress. Instead of offering advice for a "quick fix," simply accepting their stress levels can help them deal with their anxiety.
- Let them know that they can rely on you as a source of support even when their symptoms might be tough to watch.
- Studies show that social support from family and friends can be one of the strongest protective factors against debilitating levels of anxiety.

### BE PATIENT & SUPPORTIVE

- Avoid shaming your friend for their anxiety. Comments like "just get over it" or "chill out" can be hurtful.
- Ask your friend how you can help.
- Be patient. If a friend is experiencing an episode of anxiety, it may not be helpful to intervene or try to fix it. It can be most helpful to be available and let your friend know that you support and love them.
- Support the idea of getting treatment. There can be a lot of stigma around seeking help for mental health difficulties. Showing your support for this may allow them to get over initial fears around taking that first step in getting professional help.
- It's also important to take care of yourself. This is not selfish. You can't help your friends or support your family when you are completely overburdened.