

Resources

If you feel that your symptoms are too overwhelming, **contact your local clinic and seek help.** Its not a sign of weakness but strength that you want to help yourself.

For more information:

- www.anxietycanada.com
- www.mdsc.ca (mood disorders)
- www.mentalhealthcommission.ca
- cmha.ca

There are many forms of anxiety



Cree Board of Health and Social Services of James Bay

Maanuuhiikuu Regional Department

Old arena
14 Maamuu Maaskinuu
Chisasibi, Quebec

Phone: 819-855-2744 ext: 22813/222806
Fax: 819-855-9069
OR
contact your local CMC for support



ᐃᐃᐃᐃ ᐃᐃᐃᐃ ᐃᐃᐃᐃ
CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY

What is anxiety?



Anxiety is a natural body reaction to a threat or a perceived threat.

- Everyone experiences it
- Normal & happens at certain situations
- Can be **helpful** in some situations
- Fight (stay) or flight (run) response even freeze
- Can alert us if danger is coming (a bear)
- Body's built in alarm system
- Our body starts to respond

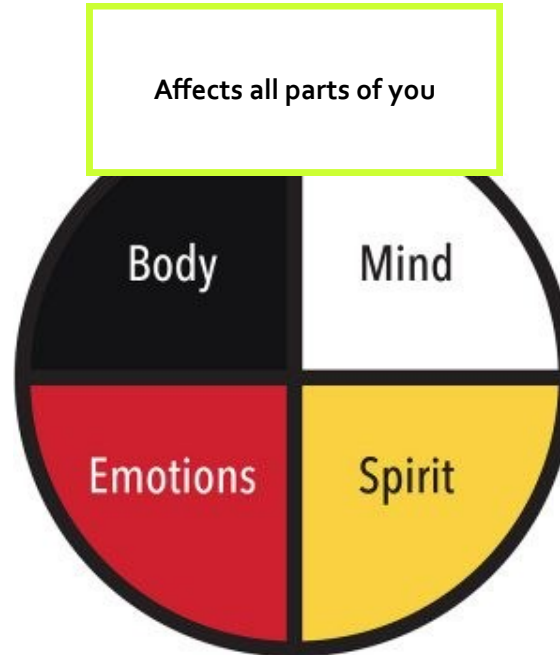
Anxiety is not helpful when:

- False alarms when there is no real danger
- Happens too often & lasts too long
- Very intense
- Upsets you or too distressing
- Stops you from doing every day things like hygiene, eating, sleeping, social roles/family functions & appointments
- Stops you from going to school
- Stops you from going to work
- Stops you from having healthy relationships

Can happen to children, youth, adults & elders



Body	Mind
* Fast heartbeat	* Hard to focus
* Short of breath	* Can't concentrate
* Dizziness	* Brain "fog"
* Nausea	* Imagine the worst
* Sweating	
* Shaking	
* Tightness	



Emotions	Spirit
* Fear	* Despair
* Overwhelmed	* Life feels hopeless
* Shame	* Feel like giving up
* Guilt	* Isolating yourself
* Losing control	* Questioning meaning of life
	* Lost identity

Tools for coping

- Learn to breathe more slowly and take deep breaths
- Focus on deep breathing
- Focus on now , here moments
- Recognize your symptoms and learn how to manage them
- Develop a plan on managing your symptoms and triggers
- Learn about self-help strategies
- Learn about stress management
- Get/download some apps on relaxation techniques
- Connect with people you trust, family or friends
- Use positive self-talk
- Find a calm hobby, sew, bead, draw, dance, walk
- Eat healthy

