

Feelings of **ANXIETY** *Don't Define Us!*

IF YOU FEEL:

Thoughts Racing.

Difficulty Concentrating.

Constant Worries or Fear.

Feelings of Impending Doom.

Trouble Sleeping or Restlessness.

Mentally or Physically Overwhelmed.

Panic Attacks, Feelings of a Heart

THESE TIPS CAN IMPROVE YOUR SLEEP

Waking up and going to sleep at consistent times.

Engaging in relaxing activities before bed like reading, meditation, listening to calming music.

Removing mobile devices from your bedroom.

Avoiding blue light (TV or cellphones) an hour before bedtime.

Avoiding caffeine, energy drinks and alcohol in the afternoon.

If you need immediate assistance, know someone who does, or are unsure what to do, support is available through all of these support lines:



988 | SUICIDE & CRISIS
LIFELINE
<https://chat.988lifeline.org/>

CRISIS TEXT LINE |
Text NATIVE to 741741

EAP24 HOURS A DAY
800-222-0364 | FOH4You.com