

Anxiety, Alcohol and Substance Use Support

Signs of Anxiety

- Racing heart rate, sweaty palms, stomach pain, gas, constipation
- Trouble concentrating, foggy memory when you typically think clearly
- Avoiding triggering situations and places because of anxiety or fear. For instance, does thinking about driving to the grocery store cause anxiety?
- Performing repetitive, certain behaviors over and over again as a ritual
- Fear, uncertainty and an overwhelming doom upon thinking about meeting a new person, driving, or a social event
- Drinking, self-medicating, or using drugs in an effort to lower anxiety

Signs of Alcohol or Substance Use Issues

- Drinking more often, drinking alone, more frequently, and an increased quantity
- Family members or close friends shared concerns about your habits
- Neglecting your personal hygiene, such as showering less frequently
- Socially withdrawing from family, romantic relationships, and friends

Simple Steps To Manage Anxiety and Build Healthy Relationships

- Set aside time from work and family to be present without substances or alcohol. Make your weekends and weeknights free and explore a new hobby like, cooking or rock climbing, or spend time with friends or family.
- Give yourself time for self-care, to rejuvenate and slow down. Massage the soles of your feet with extra virgin coconut oil.
- Make walking outdoors, yoga, and exercise part of your daily life. Walk in the sun with a friend for your lunch break. Use the headspace app to do a mindfulness meditation to promote relaxation before going to bed.
- Bring brightness into your home. Open your curtains during the day to let in the sunlight. Put an empowering quote on your fridge or mirror, "Breathe. You've got this! Today is the first moment to the rest of your amazing life." Put fresh flowers on your kitchen table.
- With responsibilities in mind, head to your local shelter or humane society, and adopt a rescued cat or dog. Animals offer emotional support, make you smile and laugh, can calm anxiety, and help you stay motivated if you experience depression.
- When comforting an anxious person, use empathy, genuine listening, curiosity, and understanding. If you are anxious, share that with others and know that asking for help is positive.

Do anxiety symptoms interfere with your regular lifestyle and keep you from doing things you enjoy? Would you like to help releasing stress and build healthy relationships?

Contact Wisdom Within Counseling For Relaxation Skills and Confidence Over Anxiety

Call or Text 860-451-9364 - Visit Us Online www.WisdomWithinCt.com

Online Video/Phone, and In Person Therapy

