

"Back to School" Anxiety

...has an impact beyond just kids!

As the summer ends and both school and work start to increase for the busy fall season. Take a moment to check that you have your "Back to School" essentials for self-care, emotional support and positive mental health.

Check out these 5 quick tips to set you up for the next few months:

- 1) Try to understand and feel what is bothering you the most. Do a "Thoughts/Feelings dump" and set aside 5-10 minutes to write down all of the thoughts that come up in your head that create anxiety. If possible, identify what is that you can/cannot control.
 - a) Strike out the items you cannot control.
 - b) Analyze the ones that you are doing out of guilt or obligation – do you really have to do these? What are your other options?
 - c) Circle the ones you can do something about and break them down into 3 or 4 sub-actions with associated timelines.
- 2) Identify a list of activities that make you happy or give you energy and make a reminder every week to do at least one of those activities on your list. Activities can be as simple as a 5 minute walk, or as elaborate as a gathering with friends.
- 3) As simple as it may seem making time and space to eat well and sleep well can have a huge impact on our anxiety levels. Try and set firm time to eat and sleep and then stick to it!
- 4) It is common for people to find that feelings of insecurity surface at times of transition. Talk with someone who is a great listener and helps you look and explore various perspectives.



AND 5) If you do find yourself overwhelmed or needing support you can always call us **905-459-7777** for FREE 24/7 caring and confidential support



www.spectrasupport.org

