

# Anxiety Equation

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Believing bad things will happen to you  
Believing you won't be able to cope

## What can you do?

- **MINIMIZE** fear of personal risk by estimating danger in a realistic way.
- **MAXIMIZE** belief in personal strengths
  - Identify internal & external resources
  - Remember previous successes in coping
  - Use coping statements, problem solving, healthy distractions, relaxation, meditation etc to help!

Coping sometimes means muddling through somehow.  
NOT doing it perfectly or escaping without a scratch.

You've got this.  
We've got you!

