Anxiety Equation

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!