



FINDING CALM

IN THE

EYE OF THE

STORM

*Building Resilience During Challenging Times*

# I am feeling *anxious* 😞

## #1: How to tell?

### BODY

- ☐ Chest Tightness
- ☐ Fast Heartbeats
- ☐ Muscle Tension
- ☐ Headaches
- ☐ Difficulty Sleeping
- ☐ Restlessness
- ☐ Cannot Relax
- ☐ Digestive Issues

### THOUGHTS

- Stressful ☐
- Worried ☐
- Fearful ☐
- Lonely ☐
- Overwhelmed ☐
- Helpless ☐
- Angry ☐
- Guilty ☐

I am *frustrated* that I  
feel this way.  
Please *make it stop!*

### Tip #1: Notice how you feel

♥ Our emotions are *fluid* and can change easily.

♥ Pay *attention* to these changes.

♥ Notice how anxiety *affects* your body and thoughts.

# I am feeling *anxious* 😞

## #2: What I think = What I get



# It's OK!

Everyone gets anxious sometimes!

Tip #2: Control how you feel by controlling how you think

"Confirm Mati  
this time!"



It happens when your mind jumps to the **worse case scenario**.

## It's OK!

You might feel that the world is about to collapse. Gently take a step back and remember: **It might not be as bad as you imagine.**



"I am Never  
Good Enough."

Strong belief that you **must** be able to handle everything all the time.

## It's OK!

Sometimes, situations are hard to control and **we need help from other people**. Don't be afraid to ask for support!

# I am feeling *anxious*



## #3: Here, There, Everywhere

When anxious, our thoughts may **overwhelm** our mind.

Try these activities to ground yourself to the here and now.

### Tip #3: Grounding



#### 5 Senses

- ♥ Watch a funny show
- ♥ Exercise / Handicrafts
- ♥ Drink some tea
- ♥ Savor your meal
- ♥ Wear your favourite shirt



#### Self-Kindness

- ♥ Repeat compassionate words to yourself aloud or in your head:  
"It's okay, I am doing my best."  
"I'm scared, but I will get through this."

#### Observation

- ♥ Take a look out your window.
- ♥ What do you see?
- ♥ How does the breeze feel?
- ♥ How does the sun feel?

#### Laughter



- ♥ Laughter can be calming.
- ♥ Today, what did you do, see or watch that is funny?
- ♥ What are your funny childhood moments?



# I am feeling *anxious*

## #4: Let the river flow in you

When we get anxious, sometimes, we try to *avoid* the feeling...

But, the feeling sometimes continue to get **BIGGER and BIGGER...**

Pause, breathe, check-in.



Pause



Breathe



Check in



### Tip #4: Check-In

♥ Sit quietly.

♥ Take a few slow breaths

♥ Let your emotions flow with **no judgements**.

When you **are ready**, ask yourself these questions:

♥ How do I feel right now?

♥ What am I concerned about?

♥ What can I do about the situation?

♥ Who can I ask for help?

# #5: Every brave step matters

## Tip #5: Helpful Thinking Patterns



### *Pause*

When you feel **negative feelings**, we encourage you to **pause and reflect** early.

This will help you to resolve your emotions **quicker and easier**.

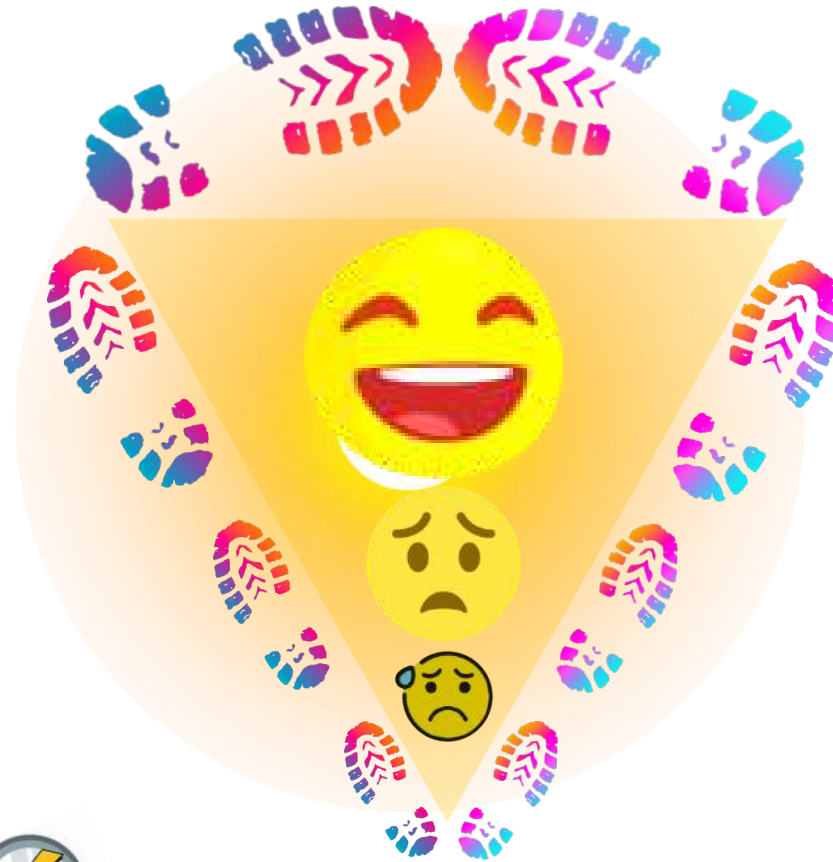


### *Identify Fast Thoughts*

When you feel anxious, your **thoughts become like rojak..**

**Ask yourself:**

- 1) Are your thoughts true?
- 2) Are your thoughts helpful?
- 3) Are they proportional to the situation?



### *Reinterpret*

For every **negative thought**, try to think of **2 or 3 other possible interpretations**.

Identifying errors in the interpretations can also **help you to see things** more objectively.