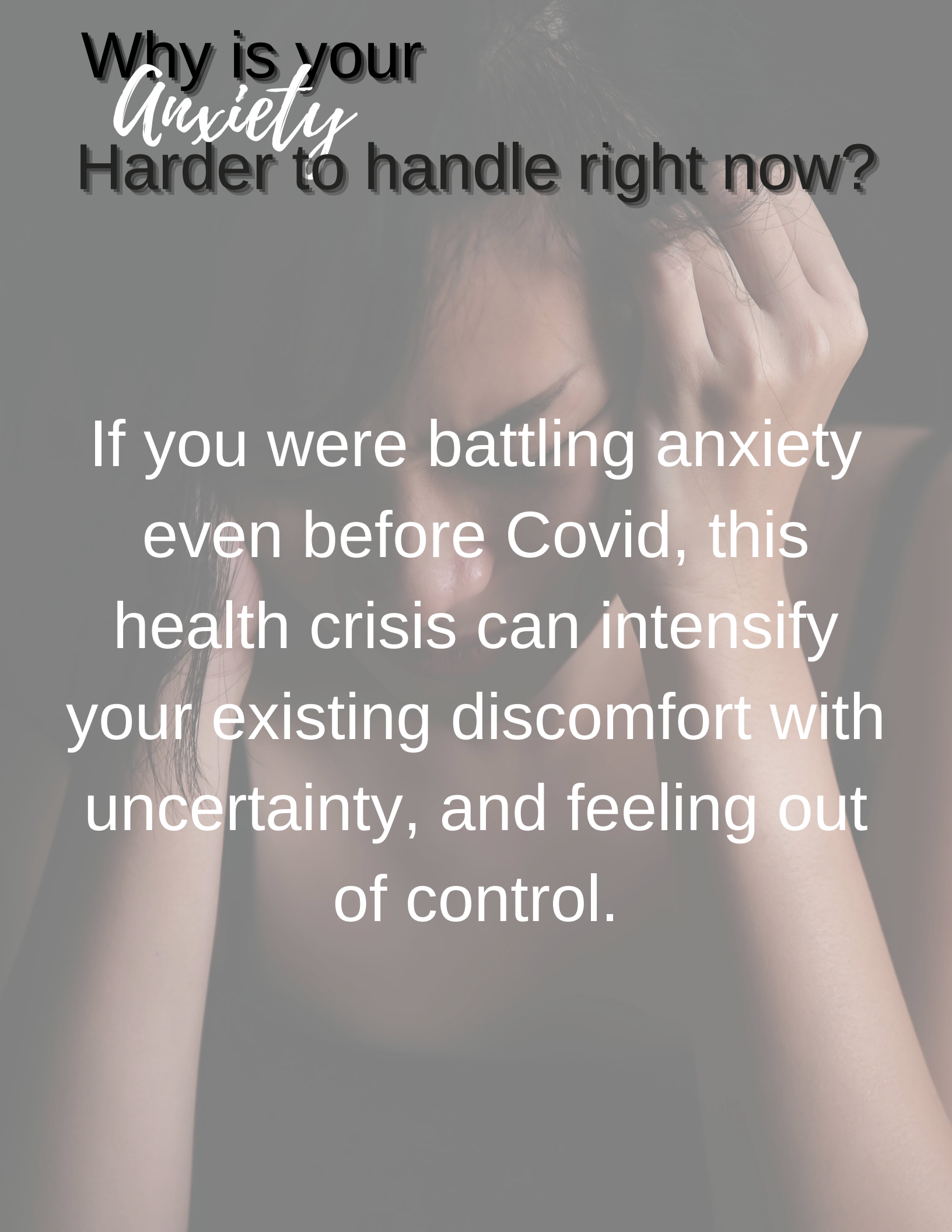

Why is your *Anxiety* Harder to handle right now?

If you were battling anxiety even before Covid, this health crisis can intensify your existing discomfort with uncertainty, and feeling out of control.

A few things to try on your own, or with a therapist

>Write it out

>Talk it out

>Stay connected

>Have self compassion

>Be gentle with yourself

>Develop a wellness plan identifying triggers, cues, coping strategies

>Self soothe with your favorite scents and sounds

>Set small goals and give yourself credit for reaching them

>Find ways to be mindful and meditate in your own way