

Worry: Action Plan

Create your own Plan

Write down the top 5 ways you will deal with worry:

1. _____
2. _____
3. _____
4. _____
5. _____

List 3 people you will speak to when you feel nervous, anxious, or worried:

1. _____
2. _____
3. _____

*Barbers and stylists are trusted members of the Black community who provide a sacred space where their clients often share successes and stresses, including stories related to mental health. **Project HairCare** is focused on expanding these stories in the shops and the community by providing tools and resources to increase awareness, education, and understanding about mental health and wellness.*

*To contact **Project HairCare** and get resources, please call 800-209-3569 or scan the QR code*



Worry and Nervousness: An Action Plan for Anxiety



Worry & Anxiety: What to do When Life gets Tough

What is Anxiety?

Anxiety is very common amongst the American public and is even more common amongst communities of color and those who live in low-income communities because of social, financial, and environmental stress.

Anxiety is a feeling of nervousness, helplessness, worrying that something is wrong, and sometimes can be feelings of fear or panic. Anxiety can affect your body. You may notice your heart race, breathing rapidly, tension in your neck and shoulders and other body parts, sweating, and trembling.

Most people will experience anxiety at times, but feeling anxious too often is harmful to your overall health. Anxiety is treatable. Start by trying the tips below. Sometimes anxiety can be hard to deal with on your own. If that is you, you don't have to suffer alone. Please use the resources here to seek help from a professional.

What does anxiety look like?

- Feeling anxious or afraid
- Feeling irritable or on edge
- Tension in neck, shoulders and other parts of your body
- Worrying too much about different things
- Not sleeping well because of worried thoughts
- Avoiding places or people that trigger anxiety

Tips: How to Deal with Stress



Work It Out. Create a routine. The goal is to work up to become physically active most days out of the week. Try walking, jogging, lifting weights, playing ball or playing with your kids.



Learn to Relax your Body and Mind. Try visualization techniques, meditation, yoga, and deep breathing. Imagine yourself sitting by a stream. Notice what you see around you. Breathe deeply. If you notice thoughts come up, place them on a leaf and watch them float down the stream. Start by trying this activity for 1 minute and work up from there.



Connect. Don't let your worries keep you from doing things you usually enjoy, or from spending time with people you care about.



Avoid Drugs and Alcohol. Even marijuana and nicotine can actually worsen anxiety. You may think they initially feel more relaxing, but they make you more anxious over time. If you need help quitting, seek professional help or talk to your doctor.