



**MENTALLY
UNITED**

Empowering Mental Wellness and Connecting Communities

ANXIETY

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What Can Trigger Anxiety?

Anxiety doesn't come out of nowhere. It's often connected to patterns — situations, thoughts, environments, or past experiences. Understanding these patterns is the first step toward managing them.



Situations

Certain environments or moments can trigger anxiety — like deadlines, uncertainty, conflict, or feeling out of control.

Social Interactions

Being around others can sometimes feel overwhelming — especially in situations involving judgment, expectations, or unfamiliar people



Thoughts

Our thoughts play a powerful role. Overthinking, expecting the worst, or being hard on yourself can increase anxious feelings.

Work & Daily Stress

Workload, pressure, time constraints, or lack of balance can build up and contribute to ongoing stress and anxiety.



Other Contributing Factors

- Lack of sleep or inconsistent rest
- Physical exhaustion or burnout
- Big life changes or uncertainty
- Feeling unsupported or alone
- Past experiences or ongoing stress
- Too much on your plate without enough time to recover

Simple Ways to Support Yourself in the Moment

When anxiety shows up, the goal isn't to eliminate it instantly — it's to gently bring your mind and body back to a calmer state.

- Pause and take a few slow, steady breaths
- Ground yourself by noticing 5 things you can see, hear, or feel
- Step away for a few minutes if possible
- Remind yourself: this feeling will pass
- Break what you're doing into smaller, manageable steps
- Loosen physical tension (shoulders, jaw, hands)
- Shift your focus to one simple task in front of you



REFLECTING ON ANXIETY

Anxiety is a natural response to stress. It's your body's way of trying to protect you, keeping you alert, aware, and ready to respond when something feels off.

At times, anxiety can actually be helpful. It can keep you focused, motivated, and prepared in moments that matter. But when that feeling doesn't switch off... when it lingers... grows, or starts to take over your thoughts, body, or day-to-day life - it can become overwhelming and difficult to manage.

What Anxiety Feels and Looks Like

- ★ **A sense of panic, fear, or uneasiness**
- ★ **Feeling on edge or constantly alert**
- ★ **A strong sense of dread or expecting the worst**
- ★ **Overthinking the same thoughts repeatedly**
- ★ **Difficulty concentrating or staying present**
- ★ **Feeling irritable or easily overwhelmed**
- ★ **Avoiding places or situations that feel overwhelming**
- ★ **Heart racing or palpitations**
- ★ **Tingling or "pins and needles" in hands or feet**
- ★ **Nausea or stomach discomfort**
- ★ **Feeling dizzy or light-headed**
- ★ **Sweating or feeling flushed**
- ★ **Shaky or wobbly legs**
- ★ **Restlessness or feeling unable to relax**
- ★ **Trouble falling or staying asleep**
- ★ **Feeling detached from self or surroundings**
- ★ **Changes in bathroom habits**
- ★ **Rapid or shallow breathing**

If any of this feels familiar, you're not alone - Consider reaching out to someone you trust - a loved one, a colleague, or a mental health professional. You don't have to navigate it on your own.

Anxiety is something many people experience, and it can be worked through with time, support, and the right tools. Even small steps can make a difference, whether that's talking things through, taking a pause, or simply acknowledging how you're feeling. So reach out, as taking care of yourself matters, and you deserve that support too.



WHAT MAKES ME ANXIOUS?

Understanding your anxiety is the first step toward managing it effectively.
Take a moment to reflect on what triggers your anxious feelings.

Use the prompts below to describe any situations, thoughts, interactions, work stressors, patterns, or habits that tend to increase your anxiety.

Situations

- *Crowds, conflict*

Social Interactions

- *Group settings, meeting new people*

Thoughts

- *Overthinking, expecting the worst*

Work / Daily Stress

- *Deadlines, workload*

Patterns I notice

- *Worse when tired or overwhelmed*

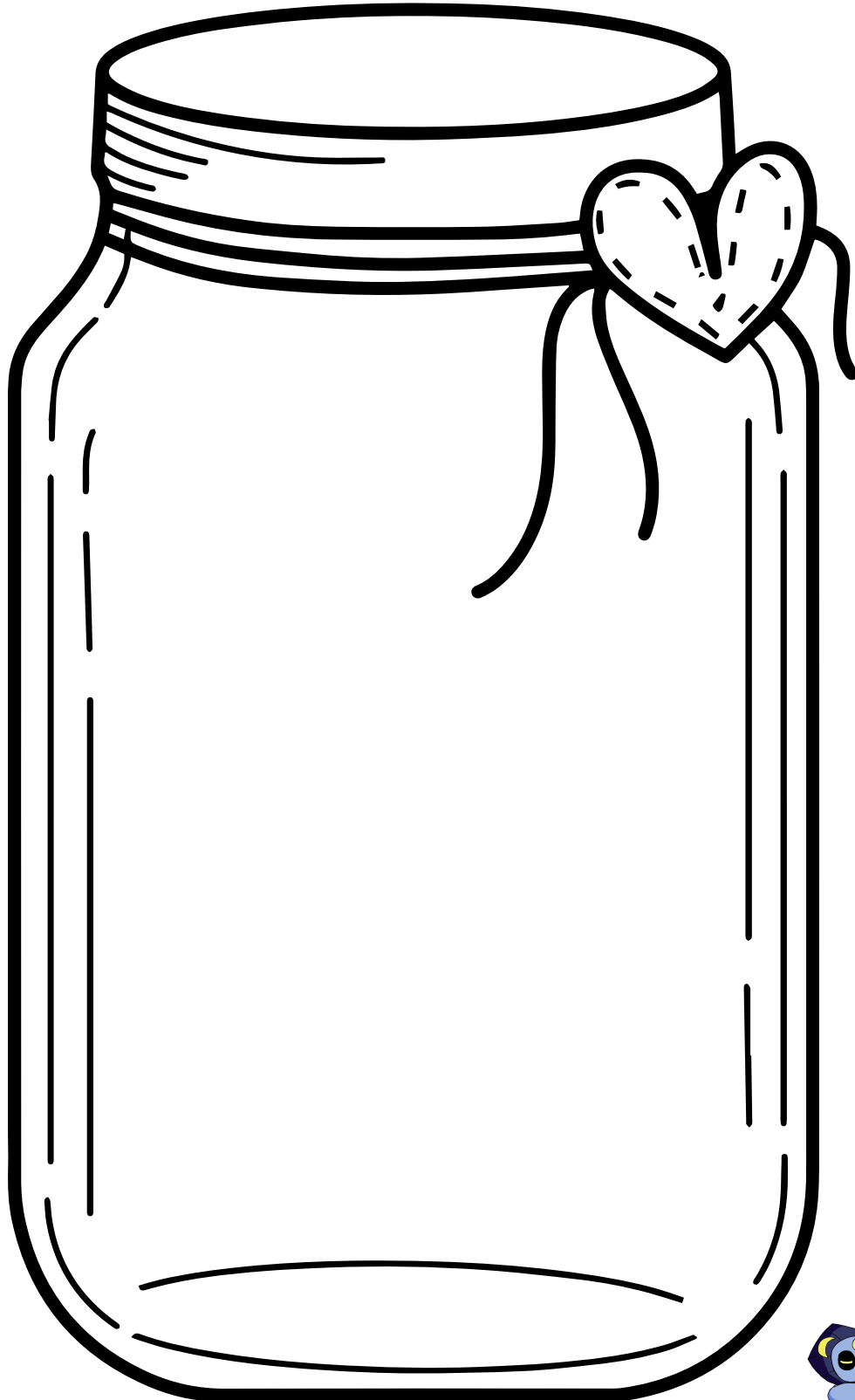
What can I do?

- *Pause, breathe, take a break*



MY WORRY JAR

A worry jar is a useful tool that can help you express your worries and anxious thoughts. What are some things that mske you feel worried?
Write them in the jar below.





Mentally United Inc. is a grassroots nonprofit based in Denver Colorado, dedicated to empowering mental wellness and building stronger communities.

Mentally United empowers individuals and communities by fostering mental wellness, sharing inspiring journeys, and creating inclusive support systems. Our mission is to destigmatize mental health, making it accessible and embraced by all. We create accessible resources, run supportive community campaigns, and share inspiring stories to ensure that no one feels alone on their mental health journey.

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