



APPS TO HELP MANAGE ANXIETY

- Calm
- What's Up? A Mental Health App
- Breathwork
- MoodNotes
- MindShift CBT
- HeadSpace
- BetterHelp
- Smiling Minds
- Tappy: Self Care Fidgeter
- Rootd
- I Am
- Aura
- Colorfy
- White Noise
- Breathe2Relax
- UnStuck

CONTACT US



For general information about our services, please call or email:

(607) 376-7526 x100 • Mon-Fri, 8am - 4pm
info@southerntierconnect.org

For intake, please call or email:

(607) 376-7526 x110
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Anxiety



WHAT IS ANXIETY?

Anxiety is a natural, and often necessary, emotion that arises in response to stress or perceived threats. This mental state can be characterized by feelings of uneasiness, apprehension, worry, and/or nervousness. While some level of anxiety can be normal and even helpful in certain situations, such as when it motivates us to prepare for a challenging task or avoid potential danger, excessive or chronic anxiety can become an unnecessary hinderance on your daily life.

IF YOU FEEL YOUR ANXIETY INCREASING PLEASE ADDRESS THE ISSUE WITH YOUR DOCTOR.



- **988 Suicide & Crisis Lifeline**
- **County Mental Health Offices**
- **Single Point of Access (SPOA)**
- **Mental Health Association of the Southern Tier (MHAST):**
607-771-8888
- **Telehealth Urgent Counseling Services:** 607-563-8707
- **Trevor Project (LGBTQ+):**
1-866-488-7386
- **Charlie Health**
(www.charliehealth.com)
- **Individual or Group Counseling**
(www.psychologytoday.com)

TIPS FOR MANAGING ANXIETY

- Consider speaking with a mental health professional
- Comply with medication management
- Practice relaxation techniques
- Engage in regular physical activity
- Maintain a healthy diet
- Limit caffeine intake
- Ensure you're getting enough sleep
- Limit stressors
- Dedicate time to self-care
- Make time to spend with family and friends
- Reduce social media usage
- Avoid triggers, when possible
- Maintain a routine or daily schedule to help stay organized & know what to expect
- Create sensory friendly environments

