

TOUGH TALK TOOLKIT



MANAGING ANXIETY

1. Notice common signs of the fight-flight response when they happen:

Heart beating quicker.

Muscles tensing - shoulders, back, and jaw are most common.

Body heating up.

2. Take some space to understand what just triggered the response. A few deep breaths can be helpful at this time.

What am I thinking about?

What just happened to trigger it?

3. Do something about it:

Talk to someone about what happened.

Take some time for self-care.

Question the thought's accuracy and usefulness. Enquiring into what's underneath the thought may help you stop the trigger next time.