

Ways to Reduce Anxiety Right Now

We all experience anxious thoughts and feelings. It's how we learn to reduce and manage anxiety that makes a difference for our well-being.



Take deep breaths

Breathe in deeply for 3 seconds, pause for 3 seconds, breathe out for 3 seconds. Repeat 3 times or more.



Count to 10 slowly

Repeat, and count to 20, if necessary. Distract your mind with this simple grounding activity.



Challenge your thoughts

Notice an anxious thought? Ask yourself if it's true or helpful. Try to replace it with a more balanced thought. Avoid "what ifs."



Be kind to yourself

When you are worried, support yourself as you would a friend, like "These feelings will pass" or "It will be okay."



Remind yourself that you are doing your best

You're doing your best to cope during a difficult time.

Mental health or addiction support

ConnexOntario.ca
to explore services near you
1-866-531-2600

BounceBack.ca
A free skill-building program for youth 15+ and adults.

WellnessTogether.ca
Live counselling for adults
1-866-585-0445

Talk to your doctor

For children, youth, and their families:

Hands TheFamilyHelpNetwork.ca
1-800-668-8555

KidsHelpPhone.ca
1-800-668-6868

Thoughts of suicide or in a crisis?

Call 911 or go to your local emergency department

Canada Suicide Prevention Helpline — 1-833-456-4566

Child and Youth Mental Health Crisis Line — 1-844-287-9072

YOUR WELL-BEING MATTERS

To learn more about mental health services, visit myhealthunit.ca/mentalhealthservices

Ways to Reduce Anxiety for the Long-Term

Learning skills to reduce and manage anxiety can improve your well-being and help you cope in challenging times. Start with a small change or skill and build from there.



Remember what has helped you in hard times in the past

Use skills and supports that have worked for you before. Don't underestimate your ability to get through challenges.



Take care of your body and mind

Listen to your body. You may feel better by: eating well, getting proper rest and sleep, staying active, moderating caffeine intake, and unplugging from news and technology.



Take notice of your thoughts and emotions

Skills like challenging thoughts and managing emotions that can help reduce anxiety take practice. Visit BounceBack.ca to learn about skills and supports that may help you.



Connect with others

Being connected to others is good for overall well-being. When you talk with friends and family, tell them how you're feeling and let them know how they can help you. Community supports are listed on the other side of this page.



Make self-care part of your routine

Routine can provide structure to your day and a sense of control. For better health, add simple self-care strategies to your routine like: a walk or wheel around the block, a phone call with a good friend, or journaling.



Build skills to help you relax

Deep breathing, meditation, physical activity, and being in nature can reduce anxiety and the impact of stress.

