

YOUR FREE GUIDE TO WELLNESS

Not sure if what you're feeling is anxiety or something else? These common symptoms of anxiety may surprise you. Plus **4 coping strategies** you can do right now to ease your stress!

The Firefly team has your back



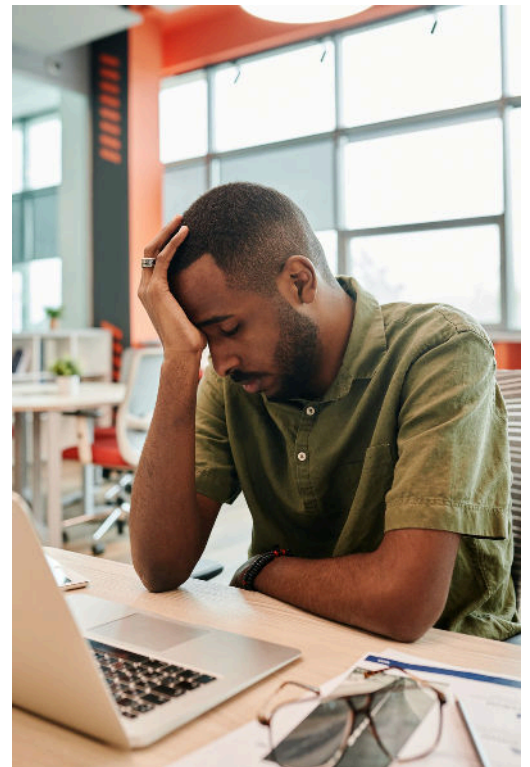
Anxiety

SYMPTOMS

Feeling anxious?

- ☐ Increased heart rate
- ☐ Rapid breathing
- ☐ Muscle tension
- ☐ Upset stomach
- ☐ Excessive worry

- ☐ Ruminating thoughts
- ☐ Difficulty concentrating or making decisions
- ☐ Restlessness
- ☐ Feeling overwhelmed or out of control





Try these coping strategies

ACTION STEPS

1

Box Breathing

Breathe in slowly for a count of four, hold your breath for a count of four, exhale slowly for a count of four, and hold your breath for a count of four.

Repeat steps 10-15 times.

2

3-3-3 Rule

Focus on three things you can see, three things you can feel, three things you can hear.

3

Engage in A Distraction Activity

For example, reading a book, journaling, listening to music, going for a walk, talking with a support person.

4

Cognitive Behavioral Therapy Techniques

An evidence-based practice proven to reduce anxiety symptoms that Firefly therapists are experts at navigating you through.

About THE FIREFLY TEAM

Firefly Counseling Commons was started with the desire to provide a safe, virtual space where clients can have access to expert therapists on their own time and in the comfort of their own personal space.

Our therapists have decades of experience serving individuals, couples and families that have faced a variety of mental health challenges and have walked with them on their difficult journey toward healing and positive change.

We have a passion for overall wellness and believe that therapy can be a stepping stone on your wellness journey!



READY TO FIND
YOUR LIGHT?

SCHEDULE A CALL



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