

Your *Environment* Matters  
when it comes to

# Anxiety!

Learn *why* & *what* you can do to  
improve yours!





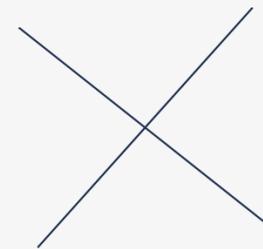
# You Aren't Alone

Anxiety disorders are the most common type of mental illness in the United States, affecting 40 million adults each year. Yet only 36.9 percent of people living with anxiety disorders receive treatment.

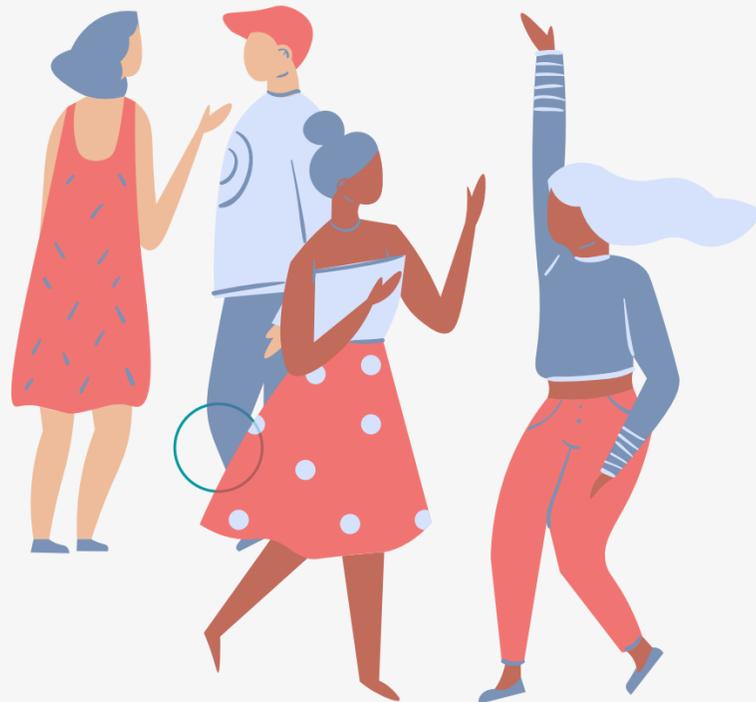
The good news? In addition to seeking professional treatment, there are self-care tools you can use daily to manage symptoms of anxiety.

BUT...The first step is having a second look at your environment. This includes your:

**PHYSICAL**  
Environment



**SOCIAL**  
Environment





Exploring your

# PHYSICAL SPACE



# PHYSICAL

## ENVIRONMENT



Making subtle changes to your physical environment is key to easing your anxiety — especially if you are working from home.



One  
Closet  
at  
a  
Time



One  
Drawer  
at  
a  
Time



But...start small, don't tackle your entire home. The key is to unclutter your life of 'things' - so begin with a closet & move to a room. Here are some tips for easy space transformation:

**Try to declutter in small chunks - but start here!**

- Paint is an easy but effective room change.
- Use your green thumb.
- Keep your bookshelves half empty - a great donation too!

# MAKING

Your Space Special

Even if you have limited square footage - it's important to carve out a place just for you. You might have to get creative, we'll show you how!

## PRIVACY Screens



## WHEELS & Containers



It's amazing how you can quickly transform a space when you use components with wheels! Try to integrate these items in your home.

Turn your dining room into your office with a few furniture swap-outs. The wheels are the ticket to revamping your special space.

## MOBILE Workspaces



Conversely, alter that same space into a mini-yoga zone! Roll away your office pieces, then grab your yoga mat and bands.

Or, flip on your Spotify & just dance and wiggle your body parts! There's endless ideas on how you can utilize your special space - even if it's a zone where you can grab 10 minutes to write in your journal.



Investigating your

# **SOCIAL ENVIRONMENT**



# SOCIAL ENVIRONMENT

Your environment extends beyond your physical space. Another key anxiety factor is where you are spending your time also known as your social environment. Answer the questions below to see if there's room for change in this area of your life - meaning to change a time-sucker into a life-enhancer.



**Are you spending more than 2 hours a day on:**



- Social media - this includes all platforms :)
- Gaming
- Watching TV/Video Apps
- Not engaging at all - isolating?

Slide --> 4-steps  
you can do today!

## LIMIT YOUR TIME ON DIGITAL TIME-SUCKERS

Also - follow what makes you happy! Use platform tools to only show you people and pages that bring you joy.

01

## HAVE A GAME PLAN

You've got to have a plan! If you limit your time devices/inactivity, you've got to replace the time spent with activities you love to do - reading, exercise, calling or even writing a snail-mail letter

02

## ENGAGE WITH YOUR SURROUNDINGS

Most of us have been cooped up inside. Take a simple walk and use the "new eyes" technique. Leave the headphones at home and just walk and observe.

03

## PICK UP THE PHONE & CALL SOMEONE YOU LIKE

Even the most introverted person can benefit from human interaction. Set aside 30 minutes per week to call at least 1 person you care about but have lost touch.

04



# PUTTING IT ALL TOGETHER

Making a Game Plan



# VISUALIZE

Your Anti-Anxiety  
Game Plan

Now that you know all about how to spruce up your space and you've got a plan to limit your "time-suckers", it's time to visualize what activities you can perform in your new space to help ease your anxiety.

## EASE Your Soul!



- Meditation (try an app like Headspace.)
- Mindfulness (sit or walk)
- Deep Breathing
- Yoga - Martial Arts

## ENGAGE That Brain!



- Read something - a real book or eBook, even a magazine!
- Watch a Documentary
- Take an online class - so many are FREE!

## CONNECT Your Heart!



- Spend time with a friend or two.
- You can hang out virtually!
- Make a meal WITH your sweetie!

## MOVE That Body!



The key is to MOVE - any way that you like!

- Take a bike ride
- Stretch - a lot!
- Lift Weight or use bands
- Run, jog, walk!

# Counseling Works!

In closing, the good news is that anxiety disorders are manageable, and counselors have a plethora of tools to help clients lessen the impact of anxiety.

If you reside in Oregon or Washington we have therapists available to help with you anxiety concerns.

All you have to do is call us today or click the button to request an appointment.

[Request An Appointment](#)





# Anxiety Resources

## YOGA & MINDFULNESS

[Yoga with Adrienne](#)

[Yoga Journal](#)

[Healthline Website](#)

[Jack Kornfield/Mindfulness](#)

## BREATHING EXERCISES

[Calm Your Anxiety](#)

[Overcome Your Anxiety - Free Book](#)

## AT HOME FITNESS

[10-min Kettlebell](#)

[Jump Rope At Home Workout](#)

## REAL LIFE COUNSELING RESOURCES

Download Our Free eBook  
[Dealing with Anxiety](#)

[Visit Our Blog](#)

Real **Life**  
COUNSELING

360-619-2226

Thank You

