JACS TORONTO
COURAGE 2 CHANGE

DEALING WITH ANXIETY

WHAT IS COURAGE 2 CHANGE?

Courage 2 Change (C2C) is a student mental health program created by JACS Toronto, offering educational workshops, a student ambassador program, individual counselling, and a tailored support group for post-secondary students.

ANXIETY: (NOUN) ANX-I-E-TY

Feelings of uncertainty are common, but are also something to be mindful of. Anxiety, and anxious feelings, can sometimes come when you least expect them. This Courage2Change resource, we share some helpful information about anxiety, and some active ways to cope.

IS MY ANXIETY FUNCTIONAL?

Anxiety can be divided into two categories:

FUNCTIONAL ANXIETY

Functional anxiety is a term used to describe anxiety that is related to or triggered by specific situations or tasks but does not necessarily impair a person's ability to function in their daily life.

NON-FUNCTIONAL ANXIETY

Non-Functional Anxiety impairs your everyday life. If anxiety prevents you from attending social events, affects your eating, sleeping, or induces prevailing negative thoughts, it no longer serves a functional purpose.

Need Support? JACS is here to lend a helping hand. Don't hesitate to reach out, even if you're feeling apprehensive.

Email info@jacstoronto.org or call us

SYMPTOMS OF NON-FUNCTIONAL ANXIETY

Below are some common signs and symptoms of non-functional anxiety.

- Heart racing
- Shortness of breath
- Tension in your muscles
- Apprehensive and tense feelings
- Changes in sleeping and eating habits
- Irrational or excessive fear or worry
- Avoidance of feared situations and/or activities
- Anxious thoughts, beliefs, predictions (I.e., "What ifs")
- Difficulty managing daily tasks and/or distress related to these tasks

! SEEKING HELP !

Seeking help for anxiety issues, especially among university students, can be accompanied by a sense of shame. To address this issue, it's crucial to foster an environment of empathy, understanding, and awareness, reducing the stigma associated with seeking mental health assistance.

If you or someone you know is struggling with anxiety, remember that help is available. Reach out to JACS today for support and guidance on your journey toward improved mental well-being. Don't hesitate to take the first step towards a healthier and happier life.

This tool is not intended for diagnosing any mental health condition. It should not be used as a substitute for professional medical advice, diagnosis, or treatment. Its purpose is to provide general information and guidance only.

ACTIVE WAYS TO COPE

A good time to seek support is when you feel that your anxiety is significantly affecting your ability to function. When things become overwhelming, persistent, and unmanageable, or when you simply desire assistance, it's important to reach out for help. The next time you find yourself feeling anxious, consider the following steps:

- GO ON A WALK
- PLAY WITH A PET
- TALK TO SOMEONE YOU TRUST
- LISTEN TO MUSIC YOU LIKE

CHECK OUT OUR PLAYLIST!

SCAN HERE

PAUSE. LET'S SLOW DOWN.

Try these grounding techniques to help you refocus and relax.

THE 5 SENSE SET

By paying attention to your senses, you can feel more grounded.

THINK OF:

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN FEEL
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THINGS YOU CAN TASTE

THE 10-10-10

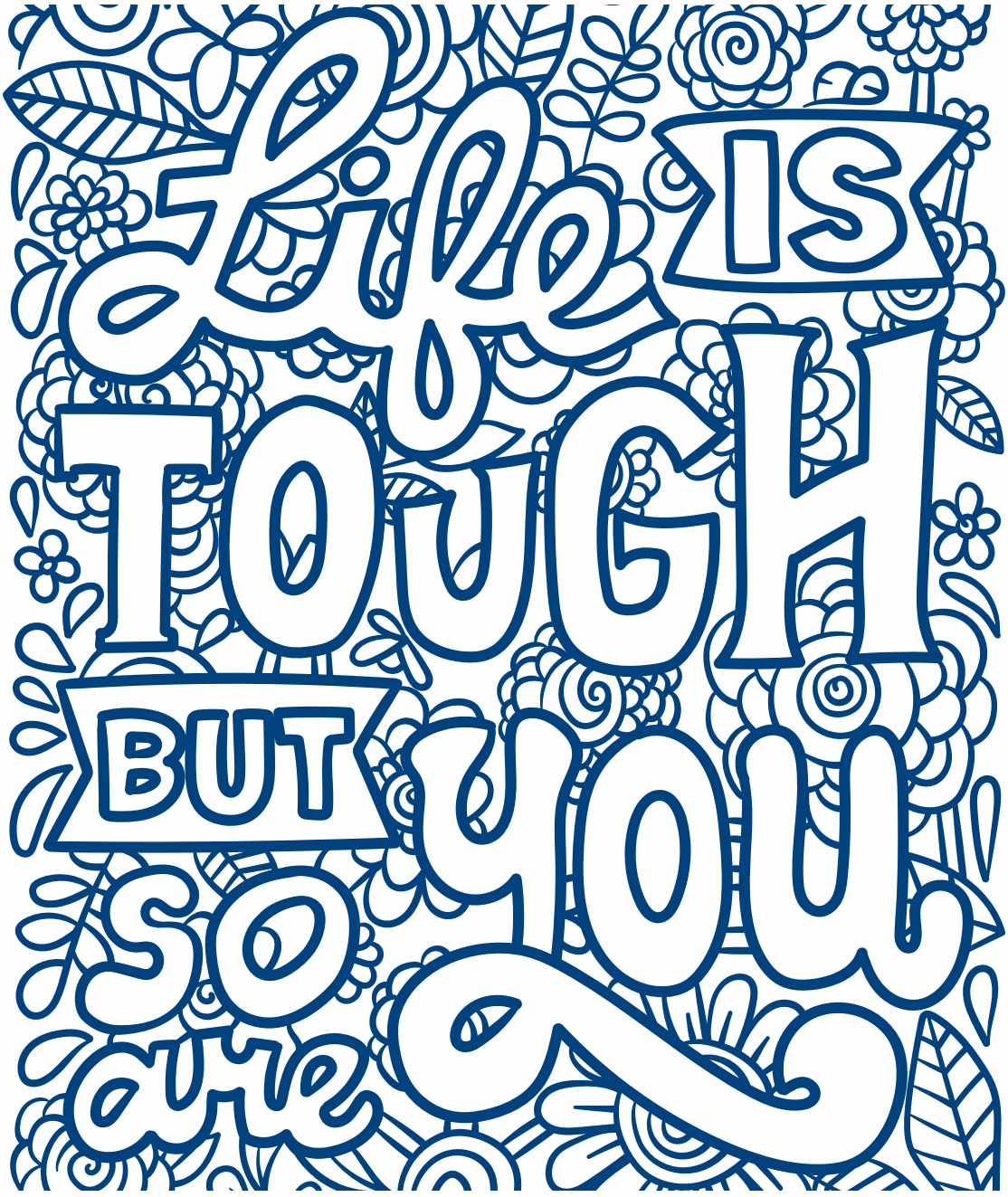
Put the situation into perspective, ask yourself

WILL THIS MATTER IN:

- 10 MINUTES FROM NOW?
- 10 HOURS FROM NOW?
- 10 DAYS FROM NOW?
- 10 MONTHS FROM NOW?
- 10 YEARS FROM NOW?

ACTIVITIES TO DESTRESS

Tap into your happy hormones by trying this colouring activity.



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