

SEVEN TIPS FOR MANAGING MOMENTS OF UNCERTAINTY & ANXIETY

We all have tough days and face anxiety and uncertainty where panic strike and it feels like the world is caving in.

Self-preservation starts with being self-aware and shining a light on what we need and are in control of. We must surrender to giving up behaviours that are not serving us and lean in to reality to make healthy choices.

We have developed these **#MomentumMoments** to help you pause daily for seven moments and focus your attention on these important areas of our lives that will help bring you peace and stability.



1 A moment for connection

At times we may need social distance. This is very different from social isolation. Stay connected. Humans are a social species and we need a tribe - especially during difficult times.

2 A moment for routine

Moments of anxiety are often accompanied with significant change. Take the time to create a new normal. Develop a routine and create the control you need.

3 A moment for movement

Moving your body everyday with not only improve your physical health, but your mental health as well. Give yourself a fighting chance.

4 A moment for good food

Lean into nutritional psychiatry. Eating well will serve your body AND your mind, improving your immunity and mental functioning.

5 A moment for rest

Rest and build your strength. Create an environment that supports healthy sleep and sleep hygiene. Turn away from triggers, including the news. Limit your obsessions.

6 A moment for fresh air

Get outside to control cortisol levels. Unplug from devices and information overload. Breathe.

7 A moment for mindset

Refocus your view of anxiety to one of opportunity. Use this moment to learn and take time to reflect. Rediscover a former passion or try something new: meditate, read, paint, journal.

