



WHAT IS ANXIETY?



ANXIETY IS TRYING TO CHANGE THE PAST OR CONTROL THE FUTURE.

Anxiety happens when our minds focus on things we cannot change or control.

TRYING TO CHANGE THE PAST

I should have...
What if I had just...



- Replaying mistakes
- Wishing things were different
- Feeling regret, guilt, or shame

The past is over.
We can learn from it, but we cannot change it.



TRYING TO CONTROL THE FUTURE

What if...
Will it happen?
What if not?



- Worrying about what might happen
- Overthinking possibilities
- Trying to plan for every outcome

The future is not here yet.
We can prepare, but we cannot control it.



INSTEAD,
WE CAN
FOCUS ON
THE NOW.



THE TRUTH ABOUT ANXIETY



- ✓ Anxiety is trying to protect you, but it can be misleading.
- ✓ It focuses on "what was" or "what might be" instead of "what is."
- ✓ You have more power when you bring your attention back to the present moment.



WHAT IS YOUR ANXIETY?

What thoughts or worries show up for you most often?

What is your anxiety trying to change about the past or control about the future?



I'M TRYING TO CHANGE THE PAST...

I keep thinking about... _____

I wish... _____

I told myself... _____

I feel... _____

I'M TRYING TO CONTROL THE FUTURE...



I worry that... _____

I'm afraid that... _____

I need to make sure... _____

I feel... _____

I CAN
CHOOSE TO
FOCUS ON
THE NOW.

BRING IT BACK TO THE NOW

When anxiety shows up, try asking yourself:

- Is this about the past, the future, or the present?
- What is one thing I can do right now?
- What is one thing I can be grateful for right now?
- What can I control in this moment?



REMEMBER

You cannot change the past.
You cannot control the future.



**BUT YOU CAN CHOOSE
HOW YOU SHOW UP TODAY.**

