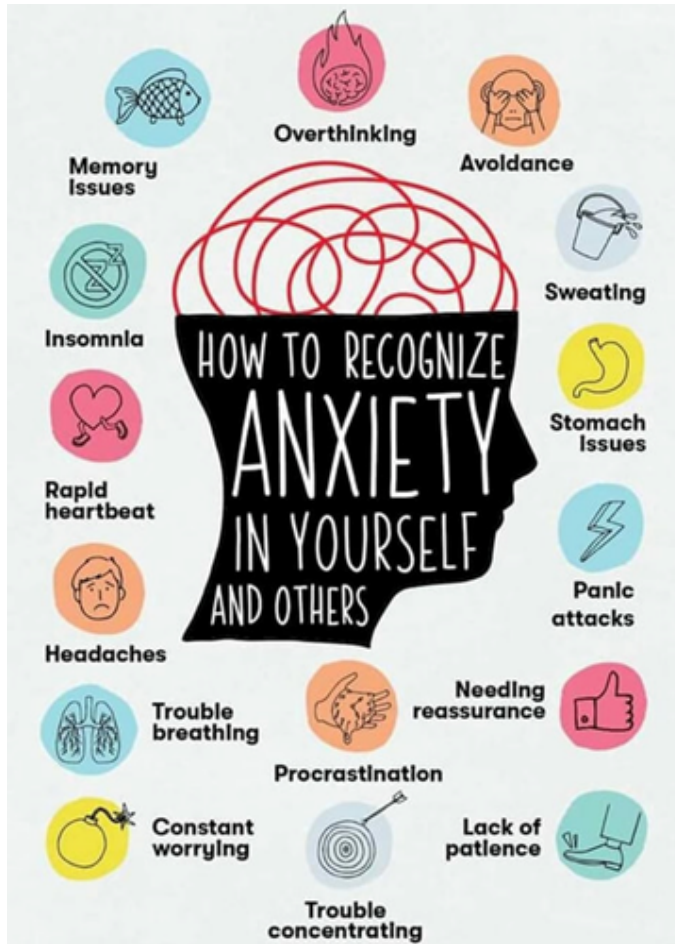




WELLNEWS

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WHAT IS ANXIETY?

Anxiety is a mental and physical reaction to perceived threats in our environment. In small doses, anxiety can be helpful as it can protect us from danger. But when anxiety is too severe or occurs too frequently, it can negatively impact our daily lives.

CYCLE OF ANXIETY

Anxiety drives people to avoid things that scare them. When a "scary" thing/situation is avoided, there is an immediate but short-lived sense of relief. However, the next time a similar threat arises, it feels even scarier, creating a harmful pattern of avoidance and worsening anxiety.

SMARTPHONE APPS

- [AntiStress Anxiety Relief Game](#)
- [Breathwrk](#)
- [Shine](#)
- [Sanvello](#)
- [Rootd](#)
- [Dare: Anxiety & Panic Relief](#)

APP

- [Introduction to Anxiety](#)
- [Relaxation Techniques](#)
- [Panic Information Sheet](#)
- [Worry Information Sheet](#)
- [Video: Fight, Flight, Freeze - Explained for Teens](#)

RESOURCES