Warning signs of rising anxiety:

- Irritability
- Tiredness
- Nausea
- Restlessness
- Mood swings
- Racing heart
- Trouble with sleep
- Being unusually sweaty
- Knot or butterflies in stomach

WE ARE HERE TO HELP

Peer Support by Phone: 204-560-1461
Peer Support Hours: 9 AM - 9 PM, M-S
Province-wide Toll-Free: 1-800-263-1460
Office Hours: 9 AM – 4:30 PM, M-F

For Peer Support groups and course schedule, please email or visit our website:

Email: **info@moodmb.ca**
Website: **www.moodmb.ca**

Manitoba

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Facing Doomerism:

Anxiety and the Future

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Helping People Help Themselves

On thoughts:

It's not silly to feel worried about the future—there are real reasons to feel that way. Feeling anxious when things are confusing or hard is completely normal. Even though those feelings are valid, they don't have to control how we live our lives.

Feeling helpless isn't a personal failure. It's something many people feel when bad things happen and they don't know how to change them.

What to do about feeling helpless?

Look for *HOPE.*

Hope isn't just dreaming or pretending everything will be okay. It's not the same as being overly positive. Hope is something we practice.

Even when it feels like there's nothing you can do, that's not always true—realizing that can be hard. The trick is to notice the little openings—those cracks in the wall that despair builds.

Identifying despair:

When we are in despair we give up easily and we throw up our hands in defeat before really looking at the situation

When everything feels like too much, it is a good time to ask ourselves some questions:

Is this the entire truth?

Is this unchangeable, or just difficult to change?

Is this right?

Building HOPE:

What is wrong?

What might change?

What are things we can do to make things better?

What is no longer useful?

What needs replacing?

What belief needs to be thrown out?

What is pulling you down?