

Feeling Anxious or Overwhelmed?

Try this approach:

C.A.L.M.

01

Cognitive

Step back and take a moment to assess the situation. Instead of taking an emotional approach, use a **cognitive** approach. Think it through. What are the facts? What are your priorities? Respond rationally, don't react.

02

Awareness

Be **aware** of how you're coping and **accept** that some things are out of your control. Take stock of your mental health vitals (sleep, tension, irritability, appetite, hope, sense of humour). Consider asking a trusted friend, family member, colleague, or mental health professional for their perspective.

03

Lean

into the positive. Think about the things for which you are thankful and cultivate gratitude on a daily basis. Look for the hidden advantage of your situation and learn to focus on the good things.

04

Make things better.

Reframe the way you think, the way you live (exercise, sleep, play), and the way you connect with others. Rather than comparing yourself to others, focus on your own progress. This will keep you motivated as you make positive changes in your life! Finding a reason to do what you are doing, whether through mindfulness or spirituality, can make your life meaningful. Take the time to find an approach that works best for you.

Be C.A.L.M.

The next time you feel anxious or overwhelmed, Dr. Tim Lau, a psychiatrist at The Royal, recommends a C.A.L.M. approach. This can help us put things into perspective so that we can see the whole picture and cultivate a hopeful, constructive and meaningful attitude towards living life to the fullest.