
A practical guide

HOW TO OVERCOME ANXIETY IN TIMES OF WAR, ECONOMIC CRISIS AND UNCERTAINTY

Introduction

HOW TO STAY CALM WHEN EVERYTHING IS GOING WRONG

Hello! I hope you are reading this text with a cup of something warm, because today we are going to talk about anxiety. Yes, the one that always finds a way to get us, especially when the world around us seems a little... no, very chaotic. War, economic crisis, uncertainty - you must admit, it sounds like a cocktail with ingredients that make you want to wrap yourself in a blanket and not get out.

But let's try to figure out what's going on.

What is happening now?

War. It does not just destroy cities and destinies, it unceremoniously invades our psyche. Constant news, sirens, fear for loved ones and your own future. Even if you are not in the war zone, the war is still close by - in your thoughts, in the anxious looks of your neighbors, in the subconscious desire to buy an extra bag of buckwheat "just in case".

Economic crisis. Prices are rising faster than the inflation of hope. Jobs, income, even just the ability to live without looking back at the exchange rate - all of this is becoming unstable, like a balance on slippery ice.

And, of course, uncertainty. It is the worst. Because when you don't know what will happen tomorrow, your brain starts coming up with the most apocalyptic scenarios. You may be a drama genius, but let's face it, it doesn't help much in real life.

How does this affect us?

All these factors affect the nervous system. It's already in "survival" mode, poor thing. Constant anxiety, sleepless nights, irritability over trifles (really, does it matter how someone put tape on a box?) - all these are manifestations of stress.

You may notice that it's harder to concentrate, and that ordinary tasks take twice as much effort. This is normal. Your brain is now loaded not with work or hobbies, but with constant questions like: "What if things go wrong?". And this is where anxiety takes us in its arms, and we don't want to leave them at all.

What are we going to do?

This guide is designed to help you deal with all these challenges. Together, we will look anxiety in the eye, understand why it appears, and most importantly, how to tame it.

Don't worry, there will be no dry psychological terms or excessive philosophy. Instead, we're going to share practical methods that you can use right now. They will help you understand yourself better, find some peace in this chaos, and even start enjoying the little things.

Let's get started. Alert, beware, we are coming for you!

What is anxiety?

Anxiety is like that persistent friend who constantly reminds you of possible problems. "What if things go ?", "Are you sure it's safe?" Sound familiar? That's exactly how it works.

In fact, anxiety is a natural mechanism of our brain designed to protect us from danger. Imagine you're standing on the edge of a cliff and your heart starts to tremble, your brain signaling: "Don't do anything stupid". But the problem is that sometimes anxiety is activated not by a real threat, but by an imaginary one, like a faulty smoke alarm.

Normal anxiety or pathological anxiety?

It is important to understand the line between what is normal and what becomes a problem.

Normal excitement is what you feel before an important exam, a job interview, or when you watch your favorite football team in the final. It mobilizes you and makes you act.

After the event, the tension subsides, and you return to your "normal mode".

Pathological anxiety, on the other hand, is when worry becomes the background mode of your life. It's always there - even for no obvious reason. You feel on edge, even when nothing is happening. Imagine an alarm that keeps going off even though the danger has long since passed.

How does anxiety manifest itself?

Anxiety is a tricky thing because it manifests itself on three levels at once: physical, emotional, and behavioral.

Physical manifestations:

Your heart beats faster, as if you've run a marathon (even though you've just read the news).

My hands sweat and my stomach feels uncomfortable, as if butterflies had organized a ring there.

Breathing becomes shallow, muscles tense, and sometimes even hurt.

Emotional manifestations:

A constant feeling of "something is wrong". You can't explain what it is, but it's there.

Anxiety is often accompanied by fear, even without obvious reasons.

You feel irritable or drained, as if your emotional battery is draining too quickly.

Behavioral manifestations:

You avoid situations that could cause anxiety (even if it's just a phone call).

Constant checking: "Did I turn off the iron for sure?", "Is everything in order with the documents?"

There is a desire to withdraw into oneself and not interact with the outside world.

As you can see, anxiety is not just "I'm nervous and that's it". It can infiltrate all aspects of our lives, making even simple things difficult. But don't worry, it's not a sentence. Next, we'll talk about how to deal with it.

Section 1.

UNDERSTANDING THE CAUSES OF ANXIETY

If you are trying to understand where anxiety comes from, especially now, in a challenging environment, then this section is for you. We'll look at the main triggers that can activate anxiety, like a "panic mode" in your brain.

We warn you, sometimes the cause of anxiety is so obvious that you might think: "Well, really, thanks for discovering America." But you must admit that sometimes the obvious needs to be put in order.

The main triggers of anxiety

Danger to life

When you live in a state where the siren can sound at any time, anxiety becomes a lifestyle rather than a reaction. This is natural: the brain is wired to survive, and therefore scans the environment for threats. The closer the danger, the harder it is to turn off the alarm. Even if you are physically in a safe place, news, photos, or stories from others can activate this mode again and again.

Loss of stability and plans

Do you remember a few years ago when you were making plans for the future? Well, here we are. Now it all seems so far away and unattainable. Anxiety loves uncertainty, because the brain doesn't know what to expect and starts to draw the most gloomy scenarios. "What if I can't go home?", "What will happen with work?", "Should I plan anything at all?"

Social pressure and guilt

Have you noticed how anxiety is reinforced by questions from others? "Why aren't you volunteering yet?", "Are you sure you're doing enough?" And even if you are really doing your best, guilt can still creep in unnoticed. It is exhausting and adds to the overall anxiety.

Economic instability

Prices are rising, savings are melting away, and bills seem to be multiplying exponentially. If you feel as if you are skating on thin ice, this is again a normal reaction to an abnormal situation. Anxiety tells you: "Something has to be done," but what exactly is often left unanswered.

Understanding the causes is half the battle. Now that we know what triggers anxiety, we can start looking for ways to manage it. In the following sections, we'll talk about how to do just that, so you can feel more confident even when things are going on around you. Let's get going!

How the body and brain react to stress

Have you ever caught yourself feeling like you have a headache after another stressful day, your muscles are stretched like strings, and your nerves are ready to go over the edge? This is all a reaction of the body and brain to stress. Now we're going to find out what happens behind the scenes when anxiety takes over.

Biological response to stress

When the brain senses a threat (or even imagines it, which also happens often), it activates the so-called "fight or flight" response. It's an ancient mechanism that helped our ancestors escape from tigers, but , tigers have now transformed into deadlines, bills, and news headlines.

What's going on:

Stress hormones: Your body releases adrenaline and cortisol. Adrenaline raises your heart rate and gives you energy, while cortisol helps your brain focus. In the short term, this helps, but if this mode lasts for a long time, problems begin.

Rapid breathing: Your lungs start working harder to provide oxygen to all your organs. But this can make you feel dizzy or even short of breath.

Tension in the muscles: Muscles automatically tense up in preparation for "run or fight". Prolonged stress can cause neck, back, or head pain.

The digestive system: The body decides that now is not the time to digest food, so you may experience stomach problems, loss of appetite, or, conversely, overeating.

How chronic stress affects health

The problem is that our brains don't always know how to "turn off" this mode. When stress becomes constant, the body and brain begin to pay a high price for it:

Physical exhaustion: Persistently high cortisol levels can lead to sleep problems, chronic fatigue, and even a weakened immune system. Thus, anxiety can make you more likely to get sick.

Heart problems: Prolonged stress increases the risk of cardiovascular disease. The body is constantly working at high speed, and the heart simply does not have time to rest.

Brain problems: Chronic stress can affect memory, concentration, and even change the structure of the brain. In other words, stress makes us less able to solve problems, which creates more stress - a vicious cycle.

Emotional burnout: Constant tension eventually depletes the nervous system, and you may feel drained, indifferent, or constantly tired.

The good news is that even chronic stress can be reduced or managed. In the following sections, we will discuss specific tools and techniques to help your brain and body find balance and return to a state of calm. After all, your body is not just a mechanism that reacts to everything, it has resources for recovery. We will only help it to activate them!

Recognize your own triggers

You know, anxiety is like a sneaky thief that sneaks into your day unnoticed, leaving behind a sense of discomfort and sometimes complete chaos. But just like any thief, it can be caught. To do this, you need to know where it comes from. Let's figure out how to identify the very triggers that cause anxiety.

Practice of self-observation

Self-observation is like a small mirror for your soul: it helps you notice what is going on inside and figure it out. This is the first step to overcoming anxiety, because you cannot cope with what you are not aware of. And no, this does not mean that you need to wear a white outfit, light candles, and spend hours immersed in your thoughts (although if this is your format, why not?). Everything is much simpler.

Self-observation is a daily practice that allows you to "catch" anxiety at the moment of its occurrence and understand why it arises. Let's look at how to do it.

How to start practicing self-observation?

Keep an anxiety diary

Keep a regular notebook or use your phone's notes to record the moments when you feel anxious. This will help you identify patterns, see what situations, people, or actions trigger your anxiety.

What to write down:

Time and circumstances: When did you feel anxious? What was going on at the time? For example, "I felt anxious after watching the news" or "I heard a loud sound and felt uneasy."

Your thoughts: What did you think at that moment? For example, "What if something happens to my loved ones?"

Physical reactions: How did the body feel? Fast heartbeat, sweating, muscle tension?

Important: do not judge yourself for what you feel. This is not a contest for "right" or "wrong" emotions - it's just an observation.

Ask yourself: "What am I feeling right now?"

This question helps to switch from the usual reaction of "giving in to anxiety" to a more conscious state. At the moment when

If you feel anxious, stop and ask yourself a few questions:

What is happening now?

What do I feel emotionally? Is it fear, excitement, confusion?

How does my body react?

This practice allows you to catch anxiety in its very beginnings. For example, instead of immediately panicking about a bill you receive, you notice your thoughts: "This is a lot of money. But is it really a disaster? I can solve it step by step."

3. Notice physical symptoms

Our body is a kind of alarm system that warns us of anxiety even when we have not yet realized it with our minds. Often, the body reacts faster than thoughts.

What to notice:

Palpitations. If your heart starts beating faster for no apparent reason, it may be an alarm.

Tension in the body. For example, stiffness in the shoulders, jaw, or neck. Sweating and dry mouth. Even such small things can be a sign that the body perceives the situation as stressful.

Breathing disorders. Do you breathe shallowly, as if you don't have enough air? This is also a signal.

Important: do not try to "fight" these symptoms. Just notice them and recognize them: "Yes, I'm feeling this right now, and it's normal."

Practicing self-observation is not an instant solution, but a long-term tool that will help you understand your triggers and better control your reactions. Start simple: set aside a few minutes a day to write down your observations or answer a few questions.

When you learn to nip anxiety in the bud, you can more easily manage your condition and find effective ways to respond. This is your first step toward a calmer and more aware life. And remember: You are not doing this to be "perfect" but to be in harmony with yourself.

How to identify what is causing anxiety

When you have records or observations, you can start looking for patterns.

Study the patterns. Most often, anxiety appears in similar situations. For example, you may feel anxious every time you receive a work-related message. This may indicate that it is your job responsibilities that are the trigger.

Pay attention to people and places. Sometimes anxiety can be associated with specific people or locations. For example, certain conversations with relatives or being in a crowded place.

Respond to "persistent thoughts". If you are haunted by specific thoughts, such as "I'm not doing enough" or "everything will go wrong," this may also indicate triggers.

When you start to understand what exactly causes anxiety, it opens the door to change. No longer are you trying to fight anxiety in the dark, but you have a clear map of where the triggers are hiding. Next, we'll talk about how you can neutralize these triggers or learn to react to them more calmly. And remember: You are already taking a huge step towards getting your anxiety under control.

Section 2.

METHODS OF REDUCING ANXIETY

Anxiety likes to fill up space if you don't stop it. But here's the secret: we can switch the attention of the body and brain to something more useful. In this section, we'll talk about physical methods that can help you literally "blow off steam."

Exercise: move to calm down

Movement is not only a way to keep your body in shape, but also one of the most effective tools for calming your mind. Physical activity helps to "turn off" the alarm mode and gives the brain a signal that the danger has passed. Why does it work? When you move, the body produces endorphins, the same "happy hormones" that lift your mood, reduce stress, and promote a sense of satisfaction.

Now, let's look at what exercises will help you with this.

Yoga: find harmony in movements

Yoga is an ideal choice for those who want to release tension and get back to the here and now. It's not just about stretching or difficult poses. Yoga teaches us to pay attention to our breath, feel our bodies, and let go of what makes us uncomfortable.

- Start with simple poses. For example, a child's or dog's face-down pose will help relieve tension in the back and neck, which often suffer from stress.
- Try breathing practices. Yoga includes conscious breathing exercises that instantly calm the nervous system.
- Don't demand perfection from yourself. The main thing is comfort and relaxation, not a perfectly executed pose.

Regular yoga can become not only an exercise but also a ritual that helps reduce anxiety and increase inner harmony.

Walking: a simple and effective way to reboot

Walking is the simplest form of physical activity that requires no special equipment or training. A simple walk in the fresh air has a powerful calming effect.

Choose a route with nature. If possible, take a walk in a park or forest. Studies show that nature reduces stress and improves mood.

Focus on your surroundings. Pay attention to how the leaves rustle, the birds sing, or the air smells. This helps to "switch" your attention from internal chaos to the outside world.

Add some company. Taking a walk with a friend or even a dog makes the process even more enjoyable and effective in reducing anxiety.

Walking is also a way to give your brain a break from overload. Even 15 minutes can be your salvation on a busy day.

Dancing: move to the rhythms of joy

Dancing is not only fun but also therapeutic. Moving to music activates several areas of the brain at once, helps relieve tension and gives you energy.

Turn on your favorite music. It can be something energetic or calm - anything that gets you moving and enjoying the moment.

Don't worry about the technique. No one is judging your movements. Dance the way you want to, the main thing is to have fun.

Add some humor. If you want, make funny moves or even imagine that you are performing on stage. This will not only help you relax, but also cheer you up.

Dancing is also a great way to share joy with others. Dance with your children, family, or friends and you will see your anxiety gradually recede.

Other types of physical activity

Swimming. Water is calming, and swimming helps relieve muscle tension and improve overall well-being.

Strength exercises. Even simple workouts with dumbbells or your own body weight can be a great way to channel energy in the right direction.

Running. For those who prefer a more active approach, running helps to release excess adrenaline and leave anxiety far behind.

Physical activity is not only a way to take care of your body, but also your mind. Choose what you like and make it part of your routine. Let it be yoga in the morning, a walk in the evening, or a dance break in the middle of the day.

Remember: movement is life, and it's also one of the most natural ways to bring yourself back to a state of harmony and peace.

Breathing practices: stop panic in one breath

Breathing is the easiest and most accessible tool to calm down. It directly affects the nervous system, helping to reduce stress and anxiety.

Proper breathing techniques work like a magic "pause" button that gives you back control over your emotions and body. Let's take a closer look at two effective techniques.

Method 4-7-8

This technique is based on slow, deliberate breathing that helps calm the mind and body, especially if you are feeling anxious or tense.

How to do it:

Sit or lie down comfortably. Find a quiet place where no one will disturb you.

Inhale through your nose for 4 seconds. As you inhale, try to fully focus on the feeling of air filling your lungs.

Hold your breath for 7 seconds. This pause helps to calm the heart rate and stabilize the nervous system.

Slowly exhale through your mouth for 8 seconds. The exhalation should be long and relaxed, as if you are slowly "releasing" the anxiety from you.

Repeat the cycle 4-5 times.

How it works:

The 4-7-8 method helps activate the parasympathetic nervous system, which is responsible for relaxation. Exhaling longer than inhaling helps to slow your heart rate and reduce cortisol (a stress hormone).

When to use:

During a panic attack.

Before bed if you can't fall asleep.

In stressful situations, for example, before an important conversation or speech.

Diaphragmatic breathing

Most people under stress breathe superficially, with quick and short breaths that involve only the upper chest. Diaphragmatic breathing, on the other hand, activates the lower part of the lungs and calms the nervous system.

How to do it:

Sit or lie on your back. Place one hand on your stomach and the other on your chest. This will help you feel your diaphragm move.

Inhale slowly through your nose. Focus on keeping your stomach rising and your chest almost . This means you are breathing through your diaphragm.

Exhale through your mouth. As you exhale, your stomach should sink. The exhalation should be slow and relaxed.

Repeat for 5-10 minutes.

How it works:

Diaphragmatic breathing helps activate the parasympathetic nervous system, which reduces stress and anxiety. It also helps to oxygenate the body and reduce muscle tension.

When to use:

In everyday life, to maintain calm. After a hard day, to "reboot".

As part of meditation or mindfulness practice.

What is important to remember

Practice regularly. Breathing techniques are most effective when performed daily. Even 5-10 minutes a day can give a noticeable result.

Take your time. If you feel uncomfortable or dizzy, slow down and do fewer cycles. Focus on the process. Breathing is not just a mechanical action, but a way to bring consciousness back to the here and now.

Try one of these techniques today. Choose a moment when you feel stressed and turn to your "remote control

control" - breathing. You will be surprised how simple and effective it can be to calm you down and regain a sense of control.

Relaxation techniques: learn to let go of tension

When we feel anxious, the body automatically reacts with tension. This is a natural fight-or-flight mechanism, but the problem is that when tension becomes constant, it increases anxiety and exhausts the body. It's important to learn how to give your body a signal: "Everything is fine, you can relax." And it's not just about physical comfort, but also about restoring inner balance.

Progressive muscle relaxation: A "reboot" for the body

This technique is a true classic in the fight against stress. It helps to get rid of muscle tension, which we may not even notice. The idea is to first tense and then consciously relax the muscles, gradually working through all body groups.

How to do it:

Find a quiet place. Sit or lie down comfortably so that there are no distractions.

Start with your feet. Tense your toes for a few seconds and then relax them completely.

Move upward. Continue with the calf muscles, thighs, abdomen, chest, arms, shoulders and finish with the neck and face.

Focus on the sensations. Notice how your muscles change when they relax. This helps you better realize the connection between body and mind.

Breathe calmly. While doing the exercises, remember to take slow, steady breaths.

How it works:

When you tense and relax your muscles, your body automatically begins to calm down. This reduces cortisol (the stress hormone) and activates the parasympathetic nervous system, which is responsible for relaxation.

When to use:

Before bed, if it is difficult to fall asleep.

In moments of intense anxiety, to regain control of the body.

After a hard day, to relieve accumulated tension.

Warm bath or shower: a ritual for relaxation

Water has the magical ability to wash away not only dirt but also stress. A warm bath or shower helps to soothe tense muscles and restore emotional balance.

How to make your bathroom as efficient as possible:

Add essential oils. Lavender, chamomile, or eucalyptus have calming properties. A few drops in water are enough to turn a regular bath into aromatherapy.

Create an atmosphere. Make the lighting soft, turn on some calm music, or even light some candles. This will help not only relax your body but also calm your mind.

Focus on the moment. Instead of thinking about things, focus on the sensations: how the water flows over your skin, how your body feels warm.

How the shower helps:

If you don't have time for a bath, a warm shower is a great alternative. It's especially helpful to direct the water jet at your shoulders and neck to relieve tension in these areas.

When to use:

After a hard day, to "wash away" stress. In the morning, if you need to start the day with calmness.

Before going to bed to prepare the body for rest.

What is important to remember

Muscle relaxation is more than a physical action. It is a way of saying to yourself: "I deserve to rest." Progressive muscle relaxation and a warm bath or shower help not only to relieve tension, but also to create a ritual of self-care.

Try at least one of these techniques today. Take the time to take care of your body, and you will see how it will thank you with calmness and a sense of ease. This is your time - and you deserve it!

Physical methods are the first step in dealing with anxiety. They help to "remove the surface" so that you can move on to working with emotions and thoughts more easily. Remember, regularity is the key. So try to incorporate at least one of these methods into your daily schedule and you will notice how it becomes easier to breathe - literally and figuratively.

Emotional self-regulation

Anxiety is not only a physical condition, it is also a marathon of negative thoughts that can wrap us in a cocoon of doubts and fears. And while we can't completely turn off our emotions (and we don't need to), we can learn to manage them. Emotional self-regulation is like an internal control panel: we turn on clarity, reduce drama, and add calmness.

How to deal with negative thoughts

Negative thoughts have a bad habit of growing into monster-sized thoughts. "What if I make a mistake?" becomes "Everything will go wrong!" and "I don't know this" quickly turns into "I don't know how to do anything." Sound familiar? But in reality, most of these thoughts are not facts, but assumptions. So the first step is to start doubting them.

Ask yourself questions. For example, "Is this really true, or is it just my perception?" or "Is there evidence to support this opinion?"

Separate the situation and the reaction. Often, a negative thought comes from an emotional reaction to an event. Learn to see what exactly caused your anxiety and separate it from how you feel.

Paraphrase. Instead of "I'll never make it," say to yourself: "It's hard for me, but I can find a solution."

Cognitive behavioral therapy (CBT) techniques

Cognitive behavioral therapy (CBT) is not just a trendy technique, but one of the most effective evidence-based approaches to dealing with anxiety. It helps to "break" negative thought patterns and replace them with healthier and more constructive ones. CBT works like a detective: You examine your thoughts, look for which ones fuel anxiety, and gradually learn to replace them.

How does it work?

Our thoughts influence emotions, and emotions influence behavior. For example:

Event: You received a late reply to a message.

Opinion: "I am ignored, no one is interested in me."

Emotion: Anxiety, sadness.

Behavior: You avoid writing to people so you don't feel this way again.

CBT helps to identify these "malfunctions" in thinking and break the cycle of anxiety. Let's take a look at the basic techniques that you can apply on your own.

Detect automatic thoughts

Automatic thoughts appear instantly, without our conscious control. They are often negative, exaggerated, or completely unrealistic, but we tend to accept them as true.

What it looks like:

When you hear criticism, you may immediately think: "I've failed at everything, I'm not capable of anything."

After missing an invitation, decide: "No one loves me."

What to do:

Question opinions. Ask yourself a few questions: "Is this a fact or just an assumption?"
"Can I find evidence that this is true?"
"What would I say to my friend if he/she thought the same way?"

Write down these thoughts. A thought diary helps you better notice and work on recurring patterns.

Making a rational answer

Instead of giving in to negative thoughts, CBT teaches you to formulate a more realistic and constructive response.

Example:

An automatic thought: "I can't do it, I'm a failure."

Rational response: "It will be difficult for me, but I have the resources and can ask for help if I need it."

How to train:

Check the logic. Do you have real grounds for such conclusions? Or is it just fear and assumptions?

Focus on the facts. Instead of general statements ("I always screw up"), think about specific situations where you did well.

Experiments with behavior

One of the main causes of anxiety is avoidance of what scares us. CBT offers the opposite approach: try to face your fears, but gradually and in a safe environment.

What it looks like:

Fear: You are afraid to talk to .

Experiment: Start with a short conversation with the cashier in the store or ask a coworker for advice.

The result: You'll see that reality is often not as scary as it seems.

How to act:

Divide the task into steps. If communicating with a large group seems intimidating, start with one person.

Set a goal. For example, talk to one new person in a week.

Analyze the result. What happened? Did your worst expectations come true?

Why CBT works

CBT helps to change the way you think and therefore the way you react to situations. It is not a "magic pill," but with practice you can see how you become more resilient and less prone to anxiety.

Try starting with something simple: write down your automatic thoughts for a week and formulate a rational response to them. This is already a powerful step towards a calmer life. And remember: You are not alone in your struggle, and CBT is your reliable ally!

Keeping a diary to record your feelings

A diary is not only a way to preserve memories, but also a powerful tool for emotional self-regulation. Here's how it can help:

- Record your thoughts and feelings. For example, when you feel anxious, write down what exactly caused this state, how you feel, and what thoughts you have. This will help you better understand what's going on inside.
- Reflect. By reviewing the recordings, you will be able to see patterns: which situations cause anxiety and which thoughts appear most often. This is an important step towards change.
- Focus on the positive. A diary can be a place where you write down what you are grateful for or what made you happy during the day. Even the smallest moments are a resource for maintaining emotional balance.

Emotional self-regulation is a skill that doesn't develop overnight, but with practice it becomes your superpower. Start small: keep a diary, explore your thoughts and work with them. And remember that you are not alone: this process is not a struggle, but self-care, which will definitely bear fruit.

Development of mindfulness skills

Do you ever get so caught up in thinking about the future or the past that you lose touch with is happening now? For example, instead of enjoying a cup of coffee, do you think about bills or how you could have answered better in a discussion yesterday? This is normal. But this is where mindfulness comes in - the art of being present in the moment, which helps you to drop the unnecessary and find inner .

Mindfulness practice: how to learn to be in the moment

Mindfulness is the ability to stop and fully immerse yourself in the present moment. It's not about "turning off" thoughts or achieving absolute calm. It's about being here and now, observing what is happening inside and around you without judgment or condemnation. In a world where we are constantly in a hurry, mindfulness helps us to "pause" and see the beauty of simple things.

Why is it important?

When we practice mindfulness, we reduce stress and anxiety. Our mind stops "running" between the past, which cannot be changed, and the future, which has not yet come. We learn to notice the good things, focus on simple joys, and find peace even in difficult circumstances.

How to start practicing mindfulness

1. Find the time

You don't need hours for mindfulness. Even 5 minutes a day can change your perception. Choose a moment when you can be alone or focus on something simple.

Examples:

During your morning coffee. Put your phone away and just enjoy the flavor and aroma.

While walking. Slow down and pay attention to your surroundings: trees, sky, birdsong.

While washing dishes. Feel the warm water, the texture of the plate, and the sound of the splashes.

2. Focus on one thing

Multitasking may seem productive, but it often increases anxiety. Mindfulness teaches us to fully immerse ourselves in one action.

Example: If you are drinking tea, focus on the process.

What does the cup look like? What is the smell of the tea?

What is the temperature of the drink when it touches your lips?

This simplicity helps to calm the mind and find joy in everyday things.

3. Become an observer

Mindfulness is not about controlling or changing minds. It's about observing them. Imagine that your thoughts are clouds floating across the sky: they come and go, but they don't stay forever.

How to do it:

Notice your thoughts. For example: "Here's a thought about work," "Here's a thought about what to cook for dinner."

Don't judge. Avoid making judgments such as "That's a good idea" or "I shouldn't be thinking about that."

Just make a note of it. Say to yourself: "It's just a thought," and go back to observing the moment.

Useful tips for practice

Don't expect instant results. Mindfulness is a skill that develops gradually. Give yourself time and be patient with yourself.

Do it regularly. Set aside some time each day to make mindfulness a part of your life.

Don't worry if you get distracted. It is normal. Just gently return to what you were focusing on.

Mindfulness is not a magical solution to all problems, but it is a way to change your perception and learn to find peace in every day. Start small: a few minutes of mindfulness today can become the basis for a more balanced and harmonious life tomorrow. And remember: You deserve these moments for yourself.

Meditation for beginners

Meditation sounds complicated, but it's really just a practice of focusing your attention. You don't need a perfect position or a special place - you can even start on the couch.

Here's an easy way to get started:

Sit comfortably. It is important that your back is straight but not tense. Close your eyes if it helps you concentrate.

Focus on your breathing. Breathe in through your nose and out slowly through your mouth. Feel the air going in and out.

Bring your attention back. If your mind starts to wander (and it will), just gently bring your attention back to your breath. This is normal and even part of the process.

Set the timer. Start with 3-5 minutes and gradually increase the time.

The main thing is not to expect a "miraculous result" right away. Meditation is brain training that helps reduce stress and anxiety over time.

How to focus on the "here and now"

Focusing on the "here and now" is like switching the channel from a dramatic movie to a tranquil nature scene. It takes practice, but it's worth it.

- Use your five senses. Look around you, describe to yourself what you see, hear, and feel. For example: "I see the cup on the table, smell the coffee, hear the birds singing." This instantly brings you back to the present moment.
- Reduce multitasking. Instead of doing ten things at once, pick one and give it your full attention. For example, just listen to music without scrolling through your phone.
- Use an "anchor". It can be your breath, movement, or even a familiar object (such as a bracelet). Whenever you notice anxiety, focus on your anchor.

Mindfulness is not magic, but a habit that is formed gradually. The more often you practice mindfulness and meditation, the easier it will become to focus on the present moment. And the present moment is the only thing we can really control. So, slowly breathe in, breathe out and allow yourself to enjoy this moment. You deserve it!

Section 3.

SOCIAL SUPPORT

Anxiety is not only an internal state, but often a feeling of isolation. It makes us think that we are alone against the whole world. But here's the secret: even in the most difficult times, there are always those who can lend a helping hand, if you just let them. Social support is a powerful resource that helps to cope with anxiety and restore a sense of calm.

Why it is important to share your feelings

Sharing your feelings is not a sign of weakness, but a way to relieve emotional stress. Imagine that your anxiety is a heavy backpack that you carry every day. When you talk to someone, it's as if you open this backpack and take something out of it to make it lighter.

Emotional outburst. Words have a magical ability to "release" tension. By talking about your experiences, you not only structure them in your head, but you also get relief from no longer holding everything inside.

Feedback. Family or friends can offer a different perspective on the situation, show you that you are not alone in your feelings, and remind you that there is support even in the most difficult times.

The "broken mirror" effect. When you express your thoughts out loud, sometimes you begin to realize that some of them are not so scary or even unfounded.

The role of family and friends in the fight against anxiety

Family and friends are the people who can be your "anchor" in the stormy sea of anxiety. Their support doesn't have to be extremely active - sometimes just knowing that they are there for you means a lot.

Emotional support. Sometimes it's enough to be listened to, without any unnecessary advice or comments. Just being there and saying, "I understand, it's hard."

Practical help. If the anxiety is caused by specific problems, such as financial difficulties or a move, friends or family can help find a solution or at least share some of the responsibilities.

A sense of belonging. Spending time together, even in ordinary things like cooking together or watching a movie, reminds you that you are part of something bigger and not alone.

How to seek support if you feel isolated

Sometimes it seems that everyone around you is busy doing their own thing, and you have no one to turn to. But that doesn't mean you're doomed to deal with everything on your own.

Expand your social circle. If you don't have close friends or family nearby, look for like-minded people in interest groups, volunteer organizations, or even on social media. People who are going through similar difficulties can be a great support.

Seek professional help. A psychologist or psychotherapist will not only listen, but also help you find specific ways to cope with anxiety. This is not a sign of weakness, but a step towards self-care.

Be open. Don't hesitate to say, "I'm going through a difficult time, I'd like to talk." People are often willing to help, but they need to know that it is really important to you.

Don't be afraid of the first step. Maybe you should write or call a friend you haven't seen in a while. Sometimes support comes from unexpected places.

Social support is not just about finding someone to listen. It's about allowing yourself to be open and trust others. We are designed to share our experiences, and it's natural. Every shared fear becomes less scary, and every shared joy becomes much brighter. So don't keep it all to yourself, and let the people around you become part of your story. You are worth it!

Support groups and psychological assistance

If dealing with anxiety seems too difficult for you to overcome on your own, that's okay. Some situations require additional help, and it's not only perfectly fine, but also wise. Professional support or simply talking to people who have been through a similar journey can be that lifeline.

How to find a psychologist or crisis counselor

Choosing a psychologist is sometimes like finding a good doctor or even a first date. You need to find someone you feel comfortable with and who will really help. Here are some simple steps to make this process easier:

Turn to trusted sources. Ask your friends for recommendations, look for reviews online, or contact psychological help centers.

Consider specialization. If your anxiety is related to a specific situation, such as a loss or crisis, look for a specialist who works with these kinds of problems.

Take advantage of free resources. Many organizations provide free crisis assistance, such as helplines or online counseling.

Don't be afraid to change psychologists. If you feel uncomfortable after a few sessions, it's okay. Trust and mutual understanding are important in a relationship with a psychologist, so look for someone who suits you.

Keep confidentiality in mind. Your conversation with a psychologist is a safe space where you can be yourself without fear of judgment.

Online resources for emotional support

In today's world, even the Internet can be a source of solace. If you are unable to see a psychologist in person, there are many platforms and groups that can help you get support.

Support groups on social media. Today, there are many groups on Facebook, Telegram, or other platforms where people share their experiences and support each other. For example, there are groups for those who are going through a war or for dealing with anxiety.

Online counseling. Platforms such as BetterHelp, Talkspace, or local psychological assistance services allow you to get advice from a specialist at a time that is convenient for you.

Mobile apps. For example, the Calm or Headspace apps often offer stress reduction tips and soothing audio programs in addition to meditations.

Hotlines. There are special crisis hotlines where you can get free help. Find the number that works in your country and save it just in case.

Platforms with materials. Read blogs, listen to podcasts, or watch videos by psychologists. Many of them share simple tips that can be the first step towards relief.

Seeking support is an important step that shows you are ready to take care of yourself. It is not a sign of weakness, but a sign of strength. And remember: You are not alone. There are people around you who are ready to listen, help and support you. Sometimes you just need to take the first step to realize that the world is not so gloomy. You are worth finding help to make this journey easier.

Volunteering as a way to overcome anxiety

Anxiety loves attention. It grabs hold of our thoughts and makes us spin in a vicious circle of "what will happen next?" or "why is everything so complicated?" One of the best ways to break out of this circle

- is to shift the focus from yourself to others. And this is where volunteering becomes a real superhero in the fight against anxiety.

How helping others reduces stress levels

When you help others, it works on many levels:

Emotional release. Volunteering gives you a sense of significance and importance. You see the real result of your actions, and this gives you confidence. Instead of focusing on the problems, you start to see positive changes you create.

Social interaction. Working in a team or communicating with people who share similar values creates a sense of belonging and support. This is especially important if you feel isolated.

Switching your attention. When you are busy doing something useful, there is simply no time or space for constant anxious thoughts. The brain gets a new "job" and anxiety is left without energy.

The release of happiness hormones. By helping others, you get a "dose" of oxytocin and endorphins, which naturally reduce stress levels.

Inspiring examples

Volunteering is not only about heroic deeds, it is also about small steps that change the world around us and within us.

Helping IDPs or victims. Volunteers who help find housing, basic necessities, or simply support with a kind word get the feeling that they are making a real difference in the lives of others.

Animal volunteering. Taking care of animals in shelters, walking dogs, or feeding stray cats is not only a way to help animals, but also a way to calm yourself down.

Animals return the favor with unconditional love.

Teaching and supporting children. Organizing workshops, reading books, or just spending time with children who need attention helps them feel important.

Eco-activism. Participating in cleanups, tree planting, or educational activities not only gives you a sense of care for the planet, but also the opportunity to be outdoors, which is calming in itself.

If you feel anxiety getting the better of you, try to be part of something bigger. Take a small step: find out about local volunteer initiatives, join a campaign, or offer to help your neighbors. You will be surprised how quickly volunteering can change not only your life, but also

Your inner harmony. After all, by helping others, we help ourselves.

Section 4.

STRENGTHENING MENTAL STABILITY

Mental toughness is like a muscle: it can be developed. And the first step is to create a new daily routine. When the world around you is unstable, routine becomes the support that helps you stay on your feet and stay calm.

Why routine helps to stabilize emotions

A daily routine is more than just a set of tasks in a certain order. It is a kind of "home" for your psyche, which gives you a sense of control, even when everything else seems uncontrollable.

Predictability is calming. When you know what will happen next, your brain stops panicking and trying to predict the future. Order is your "oasis of calm" in the chaos.

Effective time management. You avoid procrastination, which often increases anxiety, and spend time on really important things.

Reduce stress. Regular habits, such as sleep, exercise, and eating, can help stabilize hormone levels and reduce the effects of stress on the body.

A sense of achievement. By completing even simple tasks, you get small "victories" that keep you confident and motivated.

How to organize your day in an unstable environment

Life in times of crisis often defies planning. But even in such a situation, you can create a routine that will become your "anchor."

Start with the basics

Sleep. Set regular times for going to bed and waking up. Even if everything around you is unstable, sleep helps you to restore your strength.

Food. Eat regularly and try to include foods rich in vitamins and minerals in your diet.

Physical activity. Even 15 minutes of exercise or a walk in the fresh air can significantly improve your health.

Set priorities

Divide your tasks into important, less important, and those that can be postponed. Don't try to do everything in one day - it will only increase stress.

Make time in your schedule to rest, even if it's just 30 minutes a day. Rest is not a weakness, but an investment in your productivity.

Set up "anchor" moments of the day

These are actions that you do at the same time every day. For

example: Morning coffee or tea with a few minutes of silence.

A small ritual before bed: reading, meditation, or a hot bath.

Take a break for a walk or exercise in the middle of the day.

Leave room for flexibility

In an unstable environment, it is important to be prepared for change. For example, if unforeseen circumstances suddenly arise, don't punish yourself for not fulfilling your plans. Just adapt your schedule to the new conditions.

Attract joy

Add moments to your day that bring you pleasure: listening to your favorite music, cooking a delicious meal, watching a movie, or talking to your loved ones.

A routine will not make your life perfect, but it will give you an "island of stability" that you can always control. Start with small changes, and you will see how a routine will help you better cope with challenges while maintaining your inner balance. Because even in the most turbulent times, order in your day is a step towards order in your soul.

Working with values and goals

Crises have a strange property: they make us stop and look at our lives from a different angle. Things that seemed important yesterday may seem insignificant today, and vice versa. It's a great time to rethink your priorities and focus your energy on what really matters.

Working with values and goals helps you find meaning even in difficult times and hold on to it as a guide.

Rethinking priorities in times of crisis

The crisis forces us to ask ourselves questions: "What is really important to me?" The answer can change your approach to life and help you focus on what brings you joy and peace.

Highlight your core values. Think about what inspires and sustains you even in difficult situations. It could be family, health, spirituality, helping others, or self-development.

Learn to let go of unnecessary things. Some of the things you spent time and energy on may no longer be relevant. Allow yourself to recognize this and direct your energy to more meaningful areas.

Reconsider your "I have to". Instead of putting pressure on yourself because of old responsibilities, ask yourself: "Is this really important to me now?"

Example: If you used to think that your career was the most important thing, and now you realize that the most valuable thing for you is time with your loved ones, it means that your priorities have changed, and that's okay.

How to set achievable short-term goals

In times of uncertainty, it is difficult to plan for years to come. That's why it's important to focus on short-term goals that give you a sense of achievement and keep you motivated.

Rules for setting goals:

Be clear in your wording. Instead of "I want to become calmer/ more relaxed," say: "I will set aside 10 minutes to meditate every morning."

Make your goals realistic. Evaluate your resources and time. For example, if you want to start , start with three workouts a week, not every day.

Break down big goals into small steps. A big goal may seem unattainable, but small steps will make it real. For example, instead of "I want to learn a new language," try "I will learn 10 new words this week."

Set time limits. A specific deadline helps you focus. For example, "I will read one book in two weeks."

Celebrate progress. Be proud of even the smallest achievements. It energizes you to move forward.

Why is it important?

Short-term goals give you a sense of control. You can see the real result of your actions, even if the world around you seems uncontrollable. This helps reduce anxiety and boost self-esteem.

Example of a small plan: Value:

Health.

Step: Cook a healthy dinner three times a week.

Value: Personal development.

Step: Set aside 20 minutes to read before bed.

Value: Relationships.

Step: Organize an evening with family or friends once a week.

Working with values and goals helps create a sense of meaning and control, even when everything around you is changing.

Ask yourself: "What can I do today to get closer to my values?" And start acting. Each small step brings you closer to a life that is aligned with your true priorities.

Developing optimism skills

Optimism is not a magic wand that solves all problems, but rather a flashlight that helps you see the way even in the darkest of times. It can be developed like any other skill. And the practice of gratitude and strengthening self-confidence are the tools that will help you look at life with more light and confidence.

How to learn to appreciate what you have

Gratitude is like being able to see a ray of sunshine through the clouds. It helps you shift your focus from problems and lack to what brings you joy and support. This simple but powerful practice can change your perception of the world, reduce anxiety, and even improve your physical health.

Why does gratitude work?

Research shows that regular gratitude practice

Improves mood. It stimulates the production of dopamine and serotonin, the "happiness hormones".

Reduces stress levels. When we focus on the good, the nervous system receives a signal that everything is fine.

Strengthens relationships. People who know how to express gratitude create warmer and stronger bonds.

It helps to focus on the present. Gratitude teaches you to appreciate the moments that often go unnoticed.

How to practice gratitude

1. Gratitude diary

This is one of the most effective ways to make gratitude a part of your life. Keep a notebook or use an app on your phone to write down what you are grateful for.

What to record: You don't need to look for big events. Write about the little things that made your day better:

"Hot tea on a cold day." "A neighbor greeted me with a smile." "The child drew something very cute."

When to record: The best time to do this is in the evening, when you are summarizing the day.

Tip: If you have a hard day, write down at least one thing you are grateful for. This will help you find the positive even in difficult circumstances.

2. The practice of "Thank you"

Thanking people is not only a courtesy, but also a way to strengthen relationships and spread positivity.

Give thanks for the little things:

The barista for the delicious coffee. My colleague for helping me with my work.

To a friend just listening to you.

Be specific: Instead of "Thank you for everything," say: "Thank you for helping me with my assignment."

Specificity adds warmth and sincerity.

Tip: don't forget to thank yourself. Did you do something useful or brave today? Say to yourself: "I did well to do that."

3. Stay in the moment

Life is a series of moments, and many of them pass us by. Mindfulness and gratitude complement each other perfectly, allowing us to feel joy here and now.

How to do it:

Smell the aroma of your morning coffee and think: "I am grateful for this moment."

While walking in the park, pay attention to the sunlight or birdsong.

If someone has done something nice to you, stop and realize it: "I am grateful for this."

Notice the little things: Gratitude is not about great achievements, but about the ability to see joy in simple things.

You can start right now. Take a piece of paper and write down three things you are grateful for today. Make it a habit and you will see how your perception of life changes. Gratitude is a practice that doesn't take much time, but it yields huge results.

Remember: even on the darkest days, there are things to be grateful for. And this ability to notice the good is one of your strongest qualities. You are already taking a step toward harmony and peace just by reading this. What if you continue?

Why does it work?

When you practice gratitude on a regular basis, your brain gradually rewires itself to notice more positive things. It's like creating a "filter" that helps you focus on the good, not just the hard.

How to strengthen faith in yourself and the future

In times of crisis, it is easy to lose confidence in yourself and in the future. But optimism is not about ignoring problems, it's about believing: You can overcome them.

Techniques for strengthening self-confidence:

Think back to your successes. Write down situations where you have overcome difficulties. This reminds you that you are stronger than you think.

Praise yourself for small achievements. Did you finish work early? Did you go for a walk in the fresh air? This is already a victory. Celebrate it and don't underestimate your efforts.

Be kind to yourself. Replace self-criticism with support. Instead of "I did it wrong again," say: "It was difficult this time, but I did my best."

How to develop faith in the future:

Set small, achievable goals. When you see that you are able to move forward, it builds confidence in the future.

Surround yourself with positive people. Optimism is contagious. Communicating with those who inspire you gives you energy and faith in the best.

Turn your attention to positive news. In difficult times, you should consciously look for examples of goodness: stories about people who help others, succeed, or overcome difficulties.

Visualization practice:

Imagine yourself in a few years. What do you see? What will your life look like if you successfully overcome all the difficulties? Visualization not only charges you with positive energy, but also helps you better understand what you are striving for.

Developing optimism is a long-term process, but each small step brings you closer to a brighter and more joyful outlook on life. Start with something simple: find something to be grateful for today, praise yourself for your efforts, and remind yourself that you have already overcome a lot. After all, optimism is not only about believing in the future, but also about the ability to appreciate the present.

Section 5.

WHEN YOU NEED PROFESSIONAL HELP

Despite our best efforts with self-help practices, sometimes anxiety or stress can reach a level that makes it difficult to cope on our own. This is completely normal and does not mean that you are weak or doing something wrong. At such moments, seeking professional help is a step towards self-care, not a sign of defeat.

Signs that you should consult a specialist

Chronic stress

If stress has become a constant background in your life, it is a signal that your body is not coping. Signs of chronic stress include:

A constant feeling of tension, even when there is no obvious reason to worry.

Sleeping problems: difficulty falling asleep, waking up in the middle of the night, or feeling like you're not rested even after a long sleep. Decreased concentration, memory loss, or a feeling of "foggy head".

Fatigue that doesn't go away, even if you've been resting.

If these symptoms last for weeks or months, you should consult a psychologist or therapist to prevent more serious consequences.

Panic attacks

Panic attacks are unexpected attacks of intense fear or anxiety that are often accompanied by physical symptoms. They can seem so intense that you feel as if you are experiencing a serious life-threatening situation.

Symptoms include:

Strong palpitations or chest pain.

Shortness of breath or a feeling that you cannot breathe.

Dizziness, trembling, or numbness. Fear of losing control or even dying.

If panic attacks recur or interfere with your daily life, this is a good reason to see a specialist who can help you identify the causes and teach you control techniques.

Physical manifestations that do not disappear

Anxiety often affects not only the emotions but also the body. Sometimes the symptoms can be so severe that they can be easily confused with physical illness. Signs that require attention:

Persistent headaches, muscle tension, or body aches. Problems with the gastrointestinal tract, such as frequent abdominal pain, nausea, or other disorders.

Rapid weight loss or gain due to changes in appetite. Constant feeling of "high" heart rate or dizziness.

If these symptoms persist even after rest, consult a doctor to rule out physical illness and determine if they are caused by stress.

Why is it important to consult a specialist?

Professional opinion. A specialist will help you determine what exactly is causing your symptoms and suggest an action plan.

Support. A psychologist or therapist creates a safe space where you can openly share your feelings.

Individual approach. Not all methods help in the same way. A specialist will select the ones that are best for you.

If you notice signs that make your life difficult, do not delay contacting a specialist. This can be a psychologist, psychotherapist, or even a general practitioner who can help you navigate.

Remember: taking care of yourself is not a weakness, but a smart and responsible choice. Your mental health deserves attention, and you have the right to get help.

Types of professional assistance

When anxiety becomes overwhelming or begins to seriously affect your quality of life, it is important to know who to turn to and what options are available. There are different levels of professional support available, and each can help depending on your needs.

Psychological counseling

Psychologists are specialists who help to cope with emotional difficulties and improve mental well-being without the use of medication.

What is included in psychological counseling?

Condition assessment. A psychologist helps you understand what exactly causes your anxiety and identify the main triggers.

Support and understanding. You will get a safe space where you can openly share your feelings.

Skills training. Psychologists use various methods, such as cognitive behavioral therapy (CBT), to teach you how to work with your thoughts and reactions.

For example:

- How to recognize and change negative thoughts.

- How to manage stress with breathing or relaxation techniques.

How to build healthy relationships and communicate effectively.

When to see a psychologist?

If you experience constant stress or anxiety.

If you want to understand yourself better and learn to cope with emotions.

If you are looking for support during a difficult period, but do not feel the need for medication.

Mental health care and medication

Psychiatrists are doctors who specialize in treating mental disorders and can prescribe medications to control symptoms.

What is included in psychiatric care?

Diagnosis. A psychiatrist assesses your condition, taking into account both psychological and physical symptoms, to determine whether anxiety is part of a more serious disorder (such as generalized anxiety disorder, depression, or panic disorder).

Prescription of treatment. If the symptoms of anxiety significantly affect your daily life, they may be prescribed:

Antidepressants. They help stabilize the level of neurotransmitters in the brain, which improves mood and reduces anxiety.

Medications to reduce anxiety. They work faster but are usually prescribed for short-term use.

Combined approach. Medication treatment is often combined with psychotherapy to achieve better results.

When to see a psychiatrist?

If anxiety is accompanied by physical manifestations (insomnia, frequent panic attacks) that are difficult to control.

If you have symptoms of depression or feel that your condition is constantly deteriorating.

If you have already tried psychological help but need additional support.

What to choose?

Start with a psychologist if you want to work with emotions, learn new skills, or understand the causes of your conditions.

See a psychiatrist if your anxiety or stress is so severe that it interferes with your functioning and you need medication.

It is important to remember that each path to recovery is unique, and a combined approach (psychologist + psychiatrist) can be the most effective. Your health and well-being deserve attention, so don't be afraid to seek help. This is not only a brave but also a wise choice.

How to choose the right specialist

Finding a psychologist or psychiatrist is a very individual process. The specialist should be not only qualified but also comfortable with you. After all, this is the person you will entrust with your deepest feelings. But how do you find the right person to help you?

Recommendations.

Ask people you know. If any of your friends or colleagues have sought professional help, find out about their experience. A recommendation from someone you trust can be very valuable.

Look for reviews. Many psychologists have pages or profiles on social media where people leave their impressions. Read the reviews, but remember that each case is different.

Pay attention to specialization. If your problem is related to anxiety, for example, look for a specialist who has experience in this area.

Proven sources for finding specialists

You can also find a professional psychologist or psychiatrist through specialized services. One of the most convenient and modern options is platforms for finding specialists.

We recommend the [Mindly](#) service:

Finding a psychologist. Mindly offers a wide range of specialists with different areas of work, so you can find the one that suits your needs.

Trial session. The service allows you to conduct a first consultation so that you can understand whether you are comfortable working with this psychologist. This is a great opportunity to check if there is "chemistry" between you and the specialist.

Convenient format. All consultations are held online, which is especially convenient if you are far away or have limited time.

Reviews and ratings. Mindly allows you to read real reviews from other customers to help you make an informed choice.

What is important to consider when choosing

Qualifications and education. Check whether the specialist has the appropriate certifications, licenses, and education in psychology or psychiatry.

Comfort and trust. At the first consultation, pay attention to how you feel around this person. Trust is a key factor in successful therapy.

Convenience of the schedule. Make sure that the consultation time suits you and that the format (online or offline) meets your needs.

Choosing a specialist is an investment in your health and well-being. If after the first consultation you feel that this is "your" person, move forward. If not, keep looking. The main thing is not to stop, because help is always there, you just have to take the first step.

Section 6.

ADDITIONAL RESOURCES

Even the best therapy or counseling will be more effective if you continue to work on yourself at your own pace. Studying materials about anxiety on your own will help you better understand your feelings and find additional tools to overcome anxiety.

Books and articles about anxiety

Here are some proven books that you can safely add to your "library of peace":

"The best way to overcome anxiety" - David Burns

This book is written by one of the leading experts in cognitive behavioral therapy (CBT). It contains practical tips and techniques to help you work with negative thoughts and anxiety.

"Amazing habits of calm people" Gabriel Bernstein

A book that focuses on how to build a life with less stress. It is filled with simple exercises and real-life stories that inspire.

"The End of Anxiety. Proven methods for releasing fears" - Charles Lindbergh

This book offers tools to help you understand the nature of anxiety and cope with it. The author explains detail how to change the way you think to reduce the impact of anxiety on your life.

"The Gift of Being Free: Overcoming Anxiety Through Mindfulness" by John Kabat-Zinn

If you are interested in mindfulness, this book will be an ideal guide to the world of mindfulness. The author explains how simple practices of meditation and attention to the moment can help fight anxiety.

"Anxiety: How to overcome it" - Robert Leahy

The book is written in clear language and offers proven scientific methods for dealing with anxiety. The author explains how our brains work and why we so often experience fear of the unknown.

Articles and resources online

Articles on the [Mindly](#):

This service not only helps you find a psychologist, but also offers many articles and tips on how to deal with stress and anxiety.

Blog by John Kabat-Zinn:

One of the leading mindfulness experts shares his insights and techniques on his website.

Resources from the American Anxiety Association (ADAA):

[At adaa.org](#) you will find articles, exercises, and research on anxiety.

Calm or Headspace mobile app:

In addition to meditations, these apps have a selection of articles and podcasts about anxiety that will help you better understand your condition.

Articles from Harvard Medical School:

The Mental Health section contains a lot of useful information about anxiety and how to overcome it.

Self-study is not only a way to better understand your emotions, but also an opportunity to feel that you are in control of the situation. Read, try techniques from books, look for new approaches, and you will see how anxiety gradually recedes. After all, knowledge is one of the best tools in the fight for your own peace of mind.

Useful mobile applications

In today's world, a smartphone can be not only a source of information but also an assistant in the fight against anxiety. Apps for meditation, mood tracking, and breathing practices offer tools to help you find peace even in the most stressful moments.

For meditation

Calm

For meditation, the Calm app is a great choice, as it is one of the most popular among mindfulness practitioners. It offers a wide variety of meditations aimed at reducing stress and anxiety, as well as unique sleep tales that will help you fall asleep even after a hard day. In addition, Calm contains programs to improve concentration, which is ideal for those who want to find balance in a fast-paced life.

Headspace

Headspace is the perfect choice for those who are just starting their journey into the world of meditation. The app offers a simple and introduction to the basics of meditation, short sessions for quick stress relief at any time of the day, and themed courses that help improve sleep, reduce anxiety, and focus on important tasks.

Insight Timer

If you're looking for variety and free access, check out Insight Timer. This platform offers thousands of meditations from leading experts covering various techniques and approaches. In addition, there is a large collection of relaxation music and practices for all levels to help both beginners and experienced meditators.

For mood tracking

Moodpath

Moodpath is an app that helps you monitor your mood and emotional state by asking regular questions to assess your psychological health. It generates mood reports that can be useful during consultations with a psychologist. In addition, the app offers practical tips and exercises to reduce stress, making the process of self-observation clear and accessible.

Daylio

Daylio is a simple and colorful app for recording moods and events. It allows you to create daily notes about your emotions and visualizes the data in the form of graphs so that you can understand how your state changes over time. The app also has a reminder function so you don't forget about yourself even on the busiest days.

Sanvello (formerly Pacifica)

Sanvello combines mood tracking with cognitive behavioral therapy (CBT) tools. It has a journal for tracking mood changes, exercises to reduce anxiety, and improve emotional well-being. In addition, Sanvello offers access to a support community where you can find like-minded people and get emotional support.

For breathing practices

Breathe+ Coherence Breathing

Breathe+ Coherence Breathing is an app that helps calm the nervous system through controlled breathing. It offers visual instructions for breathing exercises and allows you to adjust your breathing rate to suit your needs. This tool is ideal for calming down before bed or in times of stress when you need quick help.

Breathwrk

Breathwrk is a platform that contains a variety of breathing techniques to relieve anxiety, increase energy or concentration. Its short and effective exercises can be done anywhere, making it ideal for busy people. Breathwrk also has a special section with exercises to improve sleep, which is especially useful after a stressful day.

Prana Breath

Prana Breath is an app for those who want to master the art of breathing more deeply. It offers customizable exercises adapted to your level of experience and progress graphs that help you track changes in your state. The exercises cover a variety of goals, from meditation and relaxation to energy boosting, making this app a versatile tool for breathwork.

Try a few of these apps and find the one that works for you.

Meditation, breathing practices, or keeping a mood diary don't take much time, but they can significantly reduce anxiety. The key is to give yourself a chance and set aside a few minutes a day for yourself. You deserve it!

Contacts of aid organizations

In difficult moments, it is important to know that there are places and people who are ready to support you. These can be psychological help hotlines where you can get advice and counseling, or volunteer organizations that work with the military and their families. Here is a list of resources you can turn to.

Psychological support lines

Ukrainian Crisis Psychological Assistance Line:

Phone: 0-800-501-701 (free of charge in Ukraine).

Format: Anonymous psychological counseling for people experiencing stress or traumatic events.

Features: Around the clock, free of charge.

Psychological help hotline from La Strada-Ukraine:

Phone: 116-123 (from mobile) or 0-800-500-335.

Focus: Support for women, children and families in need of psychological assistance in crisis situations.

Free consultations on the platform Mindly:

Website: mindly.space.

Functionality: The ability to find a psychologist and conduct a trial consultation online.

Psychological support through a helpline:

Phone: 0-800-213-103.

Features: Anonymous conversations with qualified counselors.

A support hotline for veterans:

Phone: 0-800-33-20-29.

Focus: Supporting war veterans, their families and friends in difficult situations.

Military volunteer organizations

"Come back alive":

Website: savelife.in.ua.

What they do: Helping the military, providing equipment, medical equipment and training.

How to get involved: You can make a financial contribution or join the team of volunteers.

"SOS Army:

Website: armyosos.com.ua.

What they do: Supplying ammunition, reconnaissance equipment, maps and other essentials for the military.

Contacts: Information about current projects can be found on the website.

"Volunteer Hundred":

Website: volunteers.org.ua.

What they do: Providing the military on the front line with essentials, transportation and humanitarian aid.

"Helping the Army of Ukraine":

Website: helpua.army.

What they do: Collecting and delivering aid for the military, supporting the families of fallen heroes.

Center for Assistance to the Military and Their Families:

Contacts: You can find out about initiatives at local administrations or through official websites.

These resources are designed to help people in difficult life circumstances. If you or someone you know needs support, don't hesitate to contact us. Help is not a luxury, but a right for everyone who is going through a difficult time. You are not alone, and there are those who are ready to support you.

HOPE AND FAITH IN A BETTER FUTURE

Difficult times test our strength, but they also reveal our inner potential and power. Hope is what keeps us afloat, even when the waves seem overwhelming. It reminds us that every storm comes to an end, and even the darkest night gives way to dawn.

Why it is important not to lose hope even in difficult times

Hope gives you the strength to move on. When you believe that something good is ahead, it encourages you to look for solutions, keep going, and take steps that seemed impossible.

It reduces the impact of stress. Instead of focusing on the difficulties, you begin to notice opportunities and small joys that help you get through difficult moments.

Hope inspires others. Your example can be a source of support for those around you. Together it is easier to believe in the best and overcome difficulties.

Examples of successful overcoming of difficulties

Humanity's victories over crises

History shows how humanity has overcome even the most massive challenges. For example, after the Second World War, Europe was destroyed, but thanks to the Marshall Plan, many countries were able to rebuild their economies and create new social systems.

Germany, which was in ruins, has become one of the top leaders of the European economy. Or at the end of the 20th century, when the world faced the HIV/AIDS pandemic, it seemed like a global catastrophe. But thanks to science, international cooperation and the persistence of activists, today we have medicines that give us a chance for a long and fulfilling life.

Personal stories

The story of Nick Vujicic is a great example of personal victory. Born without arms and legs, Nick not only overcame difficulties but also became a motivational speaker, inspiring millions of people around the world.

Another example is Malala Yousufzai, a young woman from Pakistan who survived an attack because of her fight for girls' right to education. Today she is a Nobel Peace Prize winner and continues her mission on a global scale.

The amazing power of ordinary people

During the COVID-19 pandemic, we have witnessed incredible examples of human strength. Medical professionals around the world worked in dangerous conditions to save lives. In small communities, volunteers have organized help for those in need, from delivering food to supporting the elderly.

For example, in the UK, more than 750,000 people signed up for volunteer programs in the early days of the pandemic.

What do these examples prove?

These stories remind us that even in the most difficult times, we can find the strength, resources and support to overcome difficulties. Sometimes a crisis becomes an impetus for change that makes us stronger, more united and more compassionate. You too can find such strength - it is already within you.

Life often presents challenges, but it is important to remember that they are temporary. Even if today it seems that problems have no end, tomorrow may bring something completely different. So allow yourself to dream, plan, and look for light even in the smallest things.

Hope is something you can cultivate every day, step by step. And know this: You are already strong, because you keep going forward, even when it seems that you have no strength. And every day when you find reasons to smile, small victories or kind words, you make a big step towards a better future.

Light always conquers darkness. Believe in this and you will see your life change.

Start your journey to peace of mind

Anxiety is just a part of your life, not its boss. It may scream, demand attention, and make you stop, but you have the power to take control. This guide was created to remind you: You are not alone in your experiences, and everyone has the resources to overcome anxiety.

What's next?

Starting always seems to be the hardest but most important step. And this step doesn't have to be huge - even the smallest changes make a difference. Here are some simple ideas you can try today:

Set aside 5 minutes for yourself. During this time, try one of the breathing techniques, such as the 4-7-8 method. This will help reduce stress levels and regain a sense of control.

Write gratitude in your diary. Just three things you are grateful for today. It could be a warm cup of coffee, an interesting book, or a conversation with a friend.

Take a walk. Take at least a few steps outdoors while observing the world around you. This is an easy way to switch from internal chaos to a calm moment in the here and now.

Reminder.

Anxiety can be overwhelming, but you are stronger than that. It does not define you, and it is definitely not a sentence. The small actions you take every day gradually turn into big changes. And each of the methods proposed in the guide is your tool in this journey.

Choose one simple step and get started. Your peace of mind starts right now.