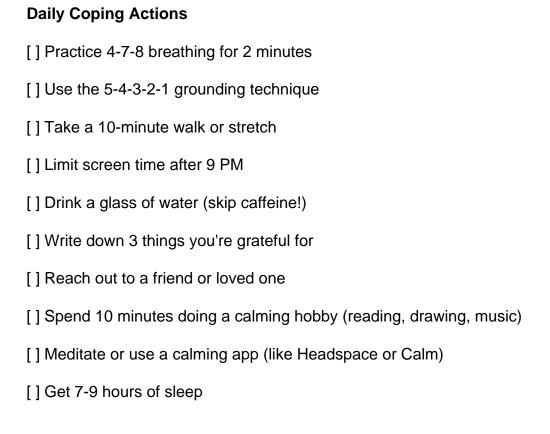
Quick Calm: Your Anxiety Coping Checklist

Simple, science-backed steps to regain control when anxiety strikes.



When to Seek Professional Support

- Persistent anxiety interfering with work or relationships
- Panic attacks or physical symptoms (e.g. chest tightness, dizziness)
- Feeling out of control even with coping tools

Helpful Links:

ADAA.org - Anxiety Resources

PsychologyToday - Find a Therapist

BetterHelp - Online Counseling

"Anxiety is a message, not a life sentence. You can respond with tools, not fear."