

# Are you feeling Anxiety?

“Worry often gives a small thing a big shadow”.

## Anxiety can feel like:

- Stress or panic.
- Feeling bad and worried. You might worry about the same thing over and over.
- You might have trouble sleeping or breathing.
- Racing heartbeat or chest pain.
- Being easily startled.



## You can feel better by:

- Counting to ten or twenty slowly.
- Eating healthy foods.
- Getting exercise and regular sleep.
- Practicing deep breathing.
- Taking long walks.
- Choosing positive thoughts.
- Telling yourself, “I know this is hard but I can do it”.

## Breathing exercise for calmness

- Lay down or sit in a relaxed way.
- Place a hand on your stomach.
- Take a long slow breath in through your nose and let your stomach fill like a balloon.
- Slowly release your breath through your mouth until you are empty and your stomach is flatter.
- Hold for just a second.
- Repeat - breathing in and out slowly with ease.
- Do this for several minutes.
- Allow yourself to feel the calmness .
- Practice this often throughout the day.

**A deep and full breath can often dissolve much of the anxiety we feel.**

**Postpartum depression is a treatable illness .  
It will end.**

**Talking to us is good for you and your baby.  
We can help. Call 403 205 5178**

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