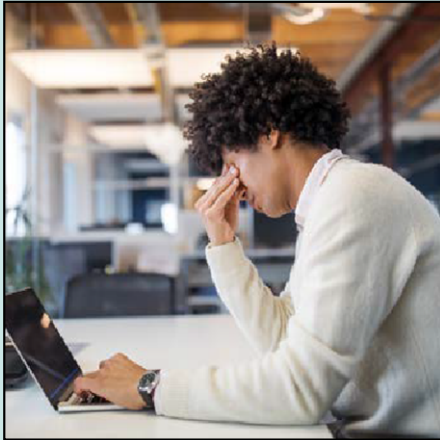


ANXIETY



Additional Resources

Explore our broad range of self-care resources at kp.org/selfcare.

- **Self-Compassion:** To learn more about self-compassion tools, go to kp.org/self-compassion.
- **Mindfulness:** To learn more about mindfulness practices, go to kp.org/mindfulness.
- **Sleep:** To learn more about sleep tips and tools, go to kp.org/wellness/insomnia.

Assessment

Based on your responses you have **moderate anxiety**. We know that these are trying times, and Kaiser Permanente is here to support you. There are a lot of uncertainties in our lives, and it is natural to feel some fear and anxiety. Fear is a natural response to such events, but we can control how much anxiety our mind creates.

Next Steps

STEP 1: Join the **Kaiser Permanente Virtual Program for Anxiety**. See *page 3*.

STEP 2: We recommend you sign up for the **Coping Skills virtual workshop**. See *page 4*.

STEP 3: We have confidence your symptoms will improve after trying step 1 and step 2. If symptoms continue after steps 1 and 2, we recommend you **schedule a video or telephone visit with a primary care provider**.

[Go to KP.org/appointments](https://kp.org/appointments)

General Tips

Continued on next page

ANXIETY

General Tips

Continued from previous page

Healthy Habits: Regular exercise and sleep improves our immune response and relaxes our mind.

- Try to increase fiber-filled, nutrient-dense and antioxidant-rich whole plant foods.
- Avoid watching TV or using your phone while eating.
- **Exercise or do yoga at home**– there are many great videos on YouTube!
- Take breaks from your work to do **simple stretches** or walk for a few minutes.
- **Unplug** from devices and screens for at least an hour before going to sleep.
- Develop a “wind-down” **bedtime ritual**, like reading a book or taking a warm bath/shower.

Stress Management: Cultivating awareness of our thoughts, emotions, and body sensations.

- **Pause and take time** to do intentional breathing, focusing on the sensation of breathing.
- Take “**internal selfies**” several times a day – pause to notice your thoughts, emotions, and body sensations.
- Appreciate and **feel grateful** for things you do have, as opposed to things you wish you had.
- This is also the time to be kind and compassionate. Be accepting of your flaws and mistakes. **Don’t expect yourself to be perfect.**

Connection: Social distancing does not mean you have to be alone.

- Take time to **connect with friends and family** by telephone or your preferred video app. Engage in pleasant and fun activities such as board games and games you can play online with your loved ones.
- **Limit your exposure** to the news cycle, social media, and e-mails that bring bad news. Avoid watching the news towards the end of the day.



Try to increase fiber-filled, nutrient-dense and antioxidant-rich whole plant foods.



Pause and take time to do intentional breathing. Focus on the sensation of breathing.



Take time to connect with friends and family by telephone or your preferred video app.

Kaiser Permanente

Virtual Program for Anxiety

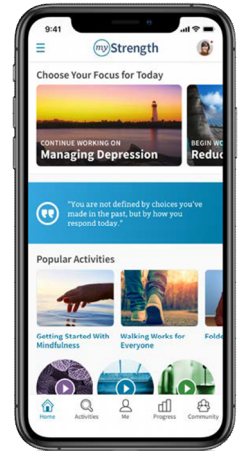
The Kaiser Permanente Behavioral Health Department developed this program to help you get the care you need. **Studies show** that **meditation decreases** general feelings of **anxiety and worry**. **These apps are available to Kaiser Permanente members at no cost**. Choose one or try them all! Be kind to yourself and **go at your own pace**.

myStrength App

Key features:

- ❖ Coaching-based program
- ❖ Sleep and mood tracker
- ❖ Video and text program

1. Go to the [Mental Health and Emotional Wellness Apps](#) page on **kp.org**.
2. Click on **Get myStrength** and log in to **kp.org**.
3. Complete the questions to have **myStrength** create a personalized plan.
4. Click on the Activities bar on the right-hand side of the homepage.
5. Choose the **Controlling Anxiety** course and use the Track Your Health tool.
6. Explore other classes such as Stress Management or Meditation and Mindfulness.

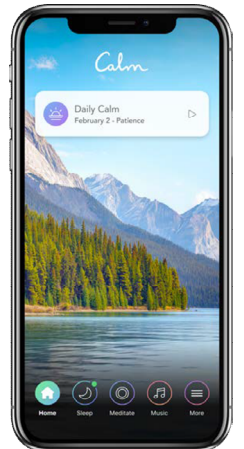


Calm App

Key features:

- ❖ Audio program with meditations, music, and podcasts
- ❖ Nature and scenery to help you relax
- ❖ Mood tracker

1. Go to the [Mental Health and Emotional Wellness Apps](#) page on **kp.org**.
2. Click on **Get Calm** and log in to **kp.org**.
3. Complete the questions to have **Calm** create a personalized plan for you. When answering "What brings you to Calm?", click on Reduce Anxiety.
4. At the bottom of the app, click on the option Meditate then click on Anxiety.
5. Start with the **7 Days of Managing Stress** course then explore other classes such as **Anxiety Release**.



Ginger App

Key features:

- ❖ Emotional support coaching via text
- ❖ Discuss goals and share challenges to create an action plan
- ❖ Available for 90 consecutive days per year at no cost
- ❖ Coaches are accessible 24/7

1. Go to kp.org/coachingapps/hi.
2. Click on **Get Ginger** and log in to **kp.org**.
3. Complete the form then download **Ginger** to begin private text-based chats with a behavioral health coach.

