

## How to Tell Someone You have Anxiety

### Steps to Help You Tell Someone about Your Anxiety



#### Resource Description

Share this information with your chapter members on OmegaOne or social media to provide your members an opportunity to learn how to talk with someone about having anxiety.

- Work with the chapter PR chairman to use this on social media or the VPCO to put this on OmegaOne.
- Download each GIF that correlates to each step of the process to create an Instagram story or several OmegaOne posts using each GIF.
  - Use the notes for each step as part of the social media story or OmegaOne posts as well.

This could also be passed out prior to a program about mental health or even just as a resource at a chapter meeting.

#### Learning Outcomes

By using this document, someone should be able to:

- Identify resources to assist them in talking about having anxiety.
- Plan a way to talk with someone about having anxiety.

#### Sources Used

<https://www.bridgestorecovery.com/blog/how-do-i-tell-my-family-i-have-anxiety-and-need-help-5-tips-for-seeking-support/>

#### Getting Started

Anxiety disorders are one of the most common types of mental conditions and as the number continues to rise it's important to remember that anxiety is normal and healthy until it interferes with someone's life.

# Let's Talk about Steps

## Step 1: Choose Someone You can Trust

<https://media.giphy.com/media/Ja6xlkDs7M4YU/giphy.gif>

- Identify a friend, family member or mentor who you have seen demonstrate compassion and acceptance. Someone with these skills is most likely going to respond with kindness. Let them know that you would like to have a serious or personal conversation.
- Having a conversation with a friend is a good first step and a good way to get the ball rolling either before or while finding professional help.

## Step 2: Choose a Comfortable Place

<https://gph.is/10SJ9Ro>

- It can be scary to tell someone else you have anxiety. Choose a place that makes you feel safe. You could go for a walk, meet at a coffee shop or in your room. Depending on your location you may bring something of comfort with you like a blanket or your pet. It can also be helpful to limit distractions.
- This is a good time to tuck away cell phones or devices and minimize any intrusions you might have.

## Step 3: Think about What You will Say

<https://gph.is/2nvfptY>

- Planning what you want to say ahead of time can help minimize any worries you have about disclosing your anxiety to a friend or family member. This can help you feel more confident in the moment. If you would like, you can also jot down some notes or send yourself an email with ideas or talking points you do not want to forget.

## Step 4: Choose a Mutually Beneficial Time

<https://gph.is/g/Zx2p7v6>

- There will likely never be a "perfect" time to speak with a friend, family member or trusted person. Instead, do your best to find a time where the other person can calm, collected and give you their full attention. Remind them that you would like to talk to them alone as well.

## Step 5: Have the Conversation

<https://giphy.com/gifs/nbcmarlon-season-1-episode-6-5Y9sapgUTXgPtIJKCr>

- You get to set the pace of the conversation and determine how much you choose to disclose. It's also OK to take a break during the conversation and revisit the conversation at another time.
- Remember not to downplay what you're feeling. While everyone experiences feelings of sadness and anxiety, let them know that what you feel is more serious. Try to be as explicit as you feel comfortable when explaining your anxiety.
- Don't worry if the conversation doesn't go to plan, it's a success just to be sitting down with someone and telling them how you feel.