

Aging Well Newsletter

Lutheran Counseling Services



Anxiety

The focus in August is on Anxiety. Anxiety is a worry or fear about everyday events. Anxiety is a normal reaction to a stressful event, but sometimes anxiety can begin to feel persistent, excessive, and intense. We also have physical reactions to anxiety like rapid breathing, faster than normal heart rate, being nervous all the time, and sweating. This persistent worry can get in the way of day to day tasks, and lead to struggles in day to day function. Sometimes anxiety can make small struggles feel too big to handle. Anxiety can also mimic physical health struggles when it causes difficulty breathing or chest pains, so it is important to share all of these symptoms with your doctor if you feel them.

If you notice that you have been experiencing some anxiety, it is important to remember that you are not alone. Many people struggle with feelings of anxiety, and there are many ways to help manage these feelings. LCS counselors can help you with this, and you can also try some at home exercises if you being to feel overwhelmed.

“Some days, doing ‘the best we can’ may still fall short of what we would like to be able to do, but life isn’t perfect—on any front—and doing what we can with what we have is the most we should expect of ourselves or anyone else.” - Fred Rogers

Services to help!

LCS is currently offering an on-call service Monday-Thursday from 9am-5pm. The on-call service offers free 15 minute consultations with a therapist at (407) 644-4692 ext. 5. LCS has created video resources for our older-adult program on our website. We have guided meditation videos, self-care tips, and at home recreational therapy activities, in addition to other awesome resources. Go to <https://lcsfl.com/lcs-response-to-covid-19/page.html> or ‘like’ us on Facebook to see these resources. Seniors First clients have access to free mental health services. Call us to find out more.

AGING WELL

TRY THIS TIP!

- Make a gratitude list each morning to reflect on the blessings in your life.
- Break down tasks into smaller parts and focus on one small part at a time.
- Breathing is a great tool for regulating our bodies. Take a few minutes each day to focus on taking deep breaths
- Sometimes anxious thoughts can leave us feeling negative about ourselves. Remember, just because we think something, doesn’t make it true.



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Lutheran Counseling Services, Inc. is a non-profit organization. To support our mission to make mental health support more accessible, go to:
<https://lcsfl.com/how-to-help/>

(407) 644-4692