

Slowing Down Racing Thoughts

Fire in My Mind Application Guide

Who can you reach out to when you're struggling with racing thoughts? (Note: if you can't think of 2-3 people, watch the video "How to Build a Great Support Team" in the series *Anxiety Antidotes*.)

If you are at home and anxiety hits, what can you do to change locations, even temporarily? What about at work?

What kind of exercise do you enjoy engaging in? Preferably something that is either interactive/competitive or that requires concentration (especially if it is a "solo" sport).

What really engages your mind 100% – at work, at home, hobbies, etc.? What can you do to remind yourself *to do that activity* when stress and anxiety hit?

