

## WELCOME

- About me
- 2nd of 2 short videos
  - brief facts about anxiety
  - who and why
  - exercise demonstration
  - when and how to seek additional help

## ANXIETY

- Over 40 million adults in the U.S. have an anxiety diagnosis
- Most people develop symptoms before age 21
- Many more have symptoms without a formal diagnosis
- Approximately 6% experience anxiety during pregnancy
- Approximately 10% experience anxiety postpartum

## WHO AND WHERE?

- Who can do the exercises?
  - adults
  - kids
- Where can they done?
  - anywhere!

# EXERCISE #2

- Progressive Muscle Relaxation
  - toes to top (of head)
  - no judgement
  - no right/wrong
  - deep breaths

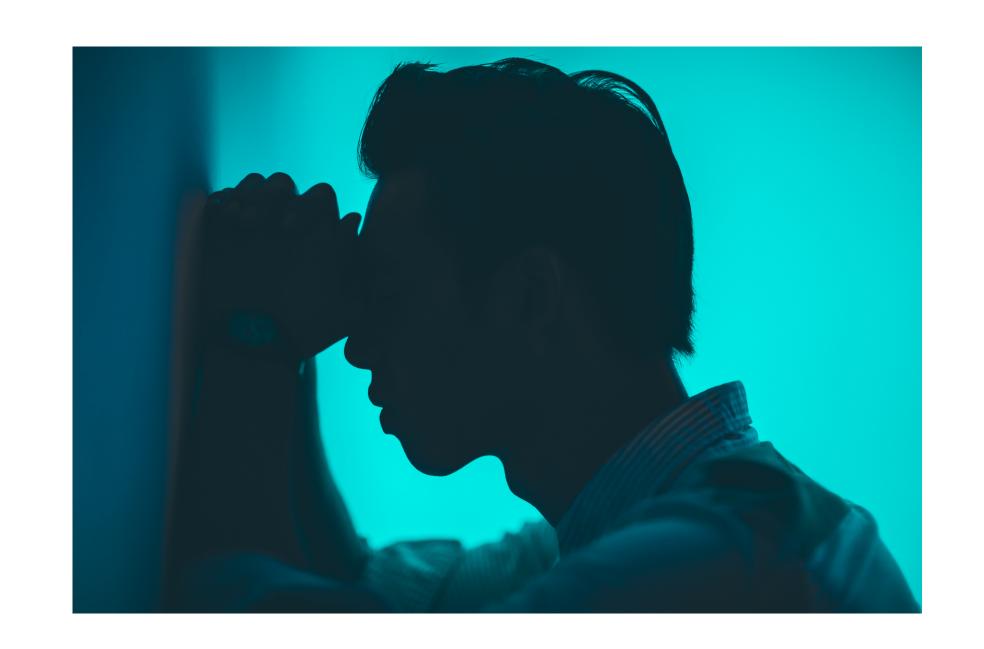


### WHY DOES IT WORK?

- breaks the spiral of thoughts
- grounds in the present
- relaxes the nervous system
- releases the body of tension caused by stress

### WHEN TO SEEK HELP

- When anxious thoughts/worry prevent you from:
  - enjoying things you typically enjoy
  - sleeping normally
  - caring for yourself/baby
  - not feeling like yourself



#### RESOURCES FOR HELP

- postpartum.net
- womensmentalhealth.org
- mmhla.org
- I-800-PPD-MOMS
- 1-833-9-HELP4MOMS
- 9-8-8
- MIIA Maternal Mental Health Portal
- "MyBlue" Mental & Behavioral Health
- Programs Enhancing Member Health & Wellbeing