

# 'Just' Anxiety?

## Tips for talking to someone experiencing anxiety

### What not to say

“What do you have to be anxious about?”

“Just calm down!”

“Worrying won't solve anything.”

“Other people have it worse.”

### What to say instead

“How can I help you to feel less anxious?”



“I can see you're anxious. What can I do to help?”

“Let's focus on what you can control.”

“Your feelings are valid. What can I do to support you?”