

Tools for Anxiety & Depression

A Construction Suicide Prevention Partnership Toolbox Talk
www.suicide-stops-here.org

What is Anxiety?

Anxiety is our bodies normal reaction to stress. Mild levels of anxiety can even be helpful in some situations to motivate us. It serves as alarm for dangers and helps us to prepare to face the danger and take action. Anxiety disorders differ from normal feelings of nervousness or anxiousness and involve excessive fear or anxiety.

Tools for Anxiety

- **3-3-3 Rule**
 - Identify 3 things you can see, 3 things you can hear, and 3 ways to move your body. This grounding activity helps bring you back to the present moment, reducing anxiety.
- **Worry Worksheet (Link)**
 - Use this worksheet to help walk through anxieties. It can slow down your thinking, externalize the issue, and make you realize you have the tools to overcome anxiety.
- **Headspace App(Link)**
 - Provides guided meditations and mindfulness exercises to reduce stress, anxiety, and depression. The app includes education, specific topics, multi-step series, and short, manageable clips.

What is Depression?

Everyone experiences sadness at times but depression is something more. Depression is extreme sadness or despair that lasts more than days. It interferes with the activities of daily life and can cause physical symptoms such as pain, weight loss or gain, sleeping pattern disruptions, or lack of energy.

Tools for Depression

- **Thought Record Worksheet (Link)**
 - An effective tool using cognitive behavioral therapy to challenge negative thoughts and replace them with healthier ones, thus changing your emotional experience.
- **Gratitude Practice / Journaling**
 - Write down three things you are grateful for at the end of each day, avoiding repetition. This practice positively impacts mental health.
- **Connection to Others**
 - Spend time with friends, family, engage in hobbies, or volunteer. Avoid isolation as depression thrives in such conditions.

There are resources that can help anyone struggling with a mental health challenge:

- Call or text the National Suicide and Crisis Lifeline by dialing 988
- Text the Crisis Text Line "HELLO" to 741741
- Check out the Construction Suicide Prevention Partnership at www.Suicide-Stops-Here.org for more resources



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