

Free Guide



When Your Friend Has Anxiety

A Gentle Guide to Showing Up
with Care



When Your Friend Has Anxiety

1. Introduction

Introduction

This eBook is all about how to support your friend or even your loved ones who are suffering from anxiety. So to support them, you must know that what is the real meaning of Anxiety – see it is no joke or people fake it, it's a natural response to stress. It can show up in the body as well in the mind too. Anxiety makes small things look big even when they are not that much stressed or big. When these people reach to someone for help because they reach to that point of their life when they can't tolerate more enough of this, there words often gets neglected by the people because according to people if the person with anxiety or any kind of mental health disorder, stop thinking about the thing which is worrying them, then they will be fine but that's not the way it work.

They need love and emotional support, not your trash advice or suggestions on what to do and what not to do. People know nothing about anxiety. Anxiety is not just about stress or nervousness – it's something truly deeper than we think. It's like living in hell, which actually many people live in every day.

See, anxiety isn't weakness, and its not that they are overreacting. It's their brain trying to protect the person, but going into overdrive.

,

When Your Friend Has Anxiety

2. Why support from a friend matters

Friends, who are friends – friends are more than family members, they are more closer than a part of their family members. Not everything can be shared with family, because they don't have the power to share with them or talk to them, and they think that if they share with their family what will their family members think of them. That's where the role of friends comes. I think friends are not friends, they are well-wishers. Even nowadays, family members will leave in their tough times. But a friend will stay with you. No matter how hard the life goes.

See, having someone, none other than a good friend who listens to you, can make anxiety feel less heavy. Having a supportive and truly loving friend reminds them that they are not alone, there is someone who will listen to them and who truly cares for them, and this makes a big difference.

See, when I was also suffering from anxiety, I completely withdrew myself from society, meaning from my social life, but when my friend knew all these things, I was doing all these things, isolating myself from others. This is where he helped me, and it removed a lot of the burden from me. Support does not fix anxiety, but it makes the person feel stronger and not alone.

And knowing someone and having someone who cares for them means a lot to them – it takes half of their problems away.

For them, even a small act of kindness matters.

When Your Friend Has Anxiety

3. Signs your friend may be anxious

It is very important to know what the signs are that you should notice, through which you will know that your friend is anxious.

- They might start cancelling plans at the last moment, even when they were excited before.
- They might apologise a lot or ask for reassurance more than usual, especially they will say while talking, Sorry if I did something wrong or if I said something wrong then I'm sorry.
- They may avoid group settings, delay making decisions or back out of activities that used to feel easy.
- And the most important thing that many people do through which you will not be able to see the signs of being anxious, they hide their signs behind a fake smile.

You and your support matters – but you don't know what to say to them, you don't want to say something wrong so that they don't feel of being judged or something else like that.

You don't need to be professional to help them, you just need kind words, and those kind words can help them a lot.

Support starts with a simple sentence and here are those sentences which are listed below so that you can use them to provide the support they need –

- 1.If you want to talk, I'm ready to listen.
- 2.You're not a burden; I care about you.
- 3.Take your time. There's no rush with me
- 4.I'm not judging you. Your feelings are valid.
- 5.I'm proud of you for going through each day, even the hard ones.
- 6.You can message or call me anytime you need to.
- 7.Even if you don't want to talk, I can just sit with you.
- 8.Is there anything I can do that would help right now

These are some of the examples you can use.

How to help them during an anxiety moment

-Stay calm and don't panic and be present there in front of them. It helps them feel safer when someone who cares about them is present near them during a problem.

-Speak gently, don't speak loudly like you are scolding them.

-Tell them to slowly do slow breathing without forcing it. And one more thing, if they say no to anything, then don't force them again and again to do that.

-Offer space if they don't feel like talking. Sometimes they don't like talking to anyone.

-Help them to move somewhere quieter if the environment is overwhelming.

-And don't, don't tell them to stop overthinking. This is one of the negative things one can say to a person having anxiety. And tell them they are safe and you are also staying with them.

-Ask them what they need instead of assuming that they want this or that.

And you can also say supportive phrases at that moment to calm them and let them know that they have someone to help them. – 1. I'm right here with you — you're not alone.

2. You're safe. Take your time, there's no rush.

3. It's okay to feel this way. And I'm not going anywhere."

4. Breathe with me — in... and out... nice and slow.

5. This feeling will pass — I'm here until it does.

6. Can I do something to make you feel more comfortable.

When Your Friend Has Anxiety

**Everyday ways to support
them**

It's very important to support them every day so that they can trust someone because they may not easily trust someone because of their past experiences.

Provide them emotional support by telling them that you are always there if they need to talk or want any kind of help.

Tell them they can call you anytime they want. I am always there for you.

Needing support does not make you weak.

When to encourage professional help

God forbid this happens, let's assume that there may come a point when your friend's anxiety starts affecting their sleep, which is one of the most important things for a human being, second to relationships, or day-to-day normal life.

That's when a gentle encouragement towards professional help can make a real difference. Tell them calmly, no need to push them towards this. Let them make their own decision. Just tell them, therapists, counsellors, and mental health professionals are trained to support exactly what they are going through. Let them know that they are not weak and you don't have to fear the society or what will society think. It's a step towards healing and to a beautiful life ahead.

Supporting someone with anxiety simply means being present with them when they need your help, need you, need someone to talk. Even a small support or an act of kindness can change the whole game.