

# Mind & Mood-Tools for Everyday Wellness with FCS

## WHAT YOU NEED TO KNOW



**FCS keeps your nervous system on alert.** When your anxiety rises, try to slow your breathing by inhaling for four seconds, holding for four seconds, and exhaling for six seconds. You may complete this cycle as many times as necessary. Once you feel that you have completed enough cycles, you can return your attention to the present moment. You can also consider talking to friends, family, or trusted professionals.



FCS may bring unanswered questions. **Rather than solving the future, stay in the present.** You may use the affirmation: "I have handled hard days before" to ground yourself. Resilience grows through steady and repeated steps.



Before going to bed, you may want to reflect: When did I listen to my body? What did I do well? Living with FCS is not about constant strength, but about daily perseverance. **Small victories matter and are important to acknowledge.**



If you notice persistent hopelessness, disrupted sleep from worry, or increased withdrawal, you may want to seek out a trusted professional, peer or family support, or spiritual care. **Connection reduces isolation and builds emotional strength.**

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