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# STRATEGIES TO MANAGE YOUR

# ANXIETY

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**JOURNAL YOUR WORRIES**



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**PRACTICE SOME DEEP BREATHING**



**UNDERSTAND WHEN YOU START CATASTROPHIZING**

**PRACTICE SOME SELF CARE**

**TAKE A BREAK FROM TECHNOLOGY**



**ACCEPT THAT YOU HAVE ANXIETY**



**TALK TO SOMEONE ABOUT YOUR ANXIETY**

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**ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN**

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**MANAGE YOUR TIME EFFECTIVELY**

**LOOK AFTER YOURSELF**

**DISTRACT YOURSELF**

**SLOW DOWN WHAT YOU ARE DOING**

**TEST OUT THE VALIDITY OF YOUR THOUGHTS**

**VISUALISE A SAFE PLACE**

**RECOGNISE THE SIGNS OF YOUR ANXIETY**



**CALL A FRIEND**



**MAKE SURE YOU ARE GETTING PLENTY OF SLEEP**



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# Anxiety Relief Tips

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## **Anxiety Relief Tips:**

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