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STRATEGIES TO
MANAGE YOUR

ANXIETY

@BELIEVEPHQ

TAKE A BREAK FROM TECHNOLOGY

ENGAGE IN SOMETHING PLEASURABLE

ACCEPT THAT YOU HAVE ANXIETY

WHY NOT TRY DOING SOME YOGA

COME UP WITH AN ALTERNATIVE THOUGHT

PRACTICE IMAGERY TO REDUCE AROUSAL

ENGAGE IN SOME EXERCISE

TALK TO SOMEONE ABOUT YOUR ANXIETY

JOIN AN EXERCISE GROUP

BUILD A MENTAL HEALTH SUPPORT NETWORK

DON'T BE AFRAID TO ASK FOR HELP

LIMIT THE AMOUNT OF ALCOHOL YOU DRINK

FOCUS ON THE PRESENT MOMENT

BUY A MINDFULNESS COLOURING BOOK

TRY TO KEEP THINGS IN PERSPECTIVE

LOOK AFTER YOURSELF

CHALLENGE YOUR THOUGHTS

LIMIT THE AMOUNT OF CAFFEINE YOU HAVE

LEARN WHAT YOUR TRIGGERS ARE

FOCUS ON THINGS YOU CAN CONTROL

LOOK AFTER YOURSELF

JOURNAL YOUR WORRIES

HAVE A BATH

LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU

TAKE A BREAK

DISTRACT YOURSELF

WORK ON YOUR PROBLEM SOLVING SKILLS

DOWNLOAD AN APP

COUNT TO TEN SLOWLY

EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

MAKE SURE YOU ARE EATING A BALANCED DIET

SLOW DOWN WHAT YOU ARE DOING

TAKE A DEEP BREATHE AND COUNT BACKWARDS



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MAKE SURE YOU ARE EATING A BALANCED DIET

TEST OUT THE VALIDITY OF YOUR THOUGHTS

PRACTICE SOME DEEP BREATHING



COUNT TO TEN SLOWLY

TRY SINGING

LEARN SOME PROGRESSIVE MUSCLE RELAXATION

VISUALISE A SAFE PLACE

UNDERSTAND WHEN YOU START CATASTROPHIZING



COUNT TO TEN SLOWLY

SET ASIDE SOME TIME TO WORRY

PRACTICE SOME MINDFULNESS

RECOGNISE THE SIGNS OF YOUR ANXIETY

PRACTICE SOME SELF CARE



COUNT TO TEN SLOWLY

PRACTICE SOME MINDFULNESS

TRY ENGAGING IN RATIO BREATHING



RECOGNISE THE SIGNS OF YOUR ANXIETY

STOP

PRACTICE SOME SELF CARE



COUNT TO TEN SLOWLY

LISTEN TO RELAXING MUSIC

MAKE SURE YOU ARE GETTING PLENTY OF SLEEP

PRACTICE SOME SELF CARE



COUNT TO TEN SLOWLY

LISTEN TO RELAXING MUSIC

MAKE SURE YOU ARE GETTING PLENTY OF SLEEP

IDENTIFY THINKING ERRORS

ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

REDUCE YOUR STRESS LEVELS

MANAGE YOUR TIME EFFECTIVELY

PRACTICE SOME SELF CARE



COUNT TO TEN SLOWLY

LISTEN TO RELAXING MUSIC

MAKE SURE YOU ARE GETTING PLENTY OF SLEEP

IDENTIFY THINKING ERRORS

ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

REDUCE YOUR STRESS LEVELS

MANAGE YOUR TIME EFFECTIVELY

Anxiety Relief Tips

Hap Hatton, Laura Torbet



Anxiety Relief Tips:

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