

5

0

STRATEGIES TO  
MANAGE YOUR

# ANXIETY

@BELIEVEPHQ

TAKE A BREAK FROM TECHNOLOGY

COME UP WITH AN ALTERNATIVE THOUGHT

PRACTICE IMAGERY TO REDUCE AROUSAL

ENGAGE IN SOMETHING PLEASURABLE

ACCEPT THAT YOU HAVE ANXIETY

WHY NOT TRY DOING SOME YOGA

BUILD A MENTAL HEALTH SUPPORT NETWORK

ENGAGE IN SOME EXERCISE

TALK TO SOMEONE ABOUT YOUR ANXIETY

JOIN AN EXERCISE GROUP

TRY TO KEEP THINGS IN PERSPECTIVE

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

FOCUS ON THINGS YOU CAN CONTROL

CHALLENGE YOUR THOUGHTS

LIMIT THE AMOUNT OF CAFFEINE YOU HAVE

LEARN WHAT YOUR TRIGGERS ARE

TAKE A BREAK

LOOK AFTER YOURSELF

JOURNAL YOUR WORRIES

HAVE A BATH

LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU

EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

DISTRACT YOURSELF

WORK ON YOUR PROBLEM SOLVING SKILLS

DOWNLOAD AN APP

COUNT TO TEN SLOWLY

MAKE SURE YOU ARE EATING A BALANCED DIET

SLOW DOWN WHAT YOU ARE DOING

TAKE A DEEP BREATHE AND COUNT BACKWARDS



TRY SINGING

TEST OUT THE VALIDITY OF YOUR THOUGHTS

PRACTICE SOME DEEP BREATHING

LEARN SOME PROGRESSIVE MUSCLE RELAXATION

UNDERSTAND WHEN YOU START CATASTROPHIZING

SET ASIDE SOME TIME TO WORRY

VISUALISE A SAFE PLACE

PRACTICE SOME SELF CARE

PRACTICE SOME MINDFULNESS

RECOGNISE THE SIGNS OF YOUR ANXIETY

TRY ENGAGING IN RATIO BREATHING

LISTEN TO RELAXING MUSIC

CALL A FRIEND

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

**Ian Pickup**



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endothermic  
rh gt 0 b how much heat will be absorbed or released if 10 g of  $\text{NO}_2$  is reacted with 10 g  $\text{H}_2\text{O}$

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web heats of fusion and vaporization determines what determines how much energy is required to change a substance's phase  
what is the heat of fusion formula  $h_n = hfus$  what is the heat of vaporization formula  $h_n = hvap$  what is on the x axis of the heating curve  
time

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web answer a 1 explanation the entire reaction was multiplied by 2 therefore  $\Delta h$  must also be halved 3 answer c explanation option c is incorrect because 566 kJ/mol is the  $\Delta h$  per mole of  $\text{O}_2$  and not for 2 moles even though options b and d are expressed in grams they are still correct because 56

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 $2\text{C}_3\text{O}_2 + 2\text{SO}_3 + 3\text{H}_2\text{O} \rightarrow 7914\text{kJ}$  is this endothermic or exothermic 2

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 $2\text{H}_2(\text{g}) + \text{O}_2(\text{g}) \rightarrow 2\text{H}_2\text{O}(\text{l})$  energy endothermic the transfer of heat from the surroundings to the system  
energy  $2\text{Hg}(\text{s}) + \text{O}_2(\text{g})$

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web q 140 g  $\text{CaCl}_2$  160 g  $\text{CaCl}_2$  9372 J 16 g  $\text{CaCl}_2$  35 g  $\text{CaCl}_2$  1 mole  $\text{CaCl}_2$  0.5453 moles  $\text{CaCl}_2$  1 g  $\text{CaCl}_2$  0.5453 mole moles 5 when a 15 g sample of  $\text{SrCl}_2$  dissolves in 80 g of water in a calorimeter the temperature drops from 42°C to 15°C calculate the  $\Delta h$  for the process  
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