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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

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

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WORK ON YOUR PROBLEM SOLVING SKILLS

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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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TRY SINGING

TEST OUT THE VALIDITY OF YOUR THOUGHTS

PRACTICE SOME DEEP BREATHING



LEARN SOME PROGRESSIVE MUSCLE RELAXATION

VISUALISE A SAFE PLACE

UNDERSTAND WHEN YOU START CATASTROPHIZING



SET ASIDE SOME TIME TO WORRY

RECOGNISE THE SIGNS OF YOUR ANXIETY

PRACTICE SOME SELF CARE

PRACTICE SOME MINDFULNESS

TRY ENGAGING IN RATIO BREATHING

CALL A FRIEND

MAKE SURE YOU ARE GETTING PLENTY OF SLEEP

LISTEN TO RELAXING MUSIC

IDENTIFY THINKING ERRORS

ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

REDUCE YOUR STRESS LEVELS

MANAGE YOUR TIME EFFECTIVELY

Anxiety Relief Tips

Patrick Vollmar



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