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0

STRATEGIES TO MANAGE YOUR

ANXIETY

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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

TAKE A BREAK



DISTRACT YOURSELF



JOURNAL YOUR WORRIES



HAVE A BATH



LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU



EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

SLOW DOWN WHAT YOU ARE DOING



WORK ON YOUR PROBLEM SOLVING SKILLS



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COUNT TO TEN SLOWLY



MAKE SURE YOU ARE EATING A BALANCED DIET



TEST OUT THE VALIDITY OF YOUR THOUGHTS



TAKE A DEEP BREATHE AND COUNT BACKWARDS



TRY SINGING

LEARN SOME PROGRESSIVE MUSCLE RELAXATION



PRACTICE SOME DEEP BREATHING



SET ASIDE SOME TIME TO WORRY



VISUALISE A SAFE PLACE



UNDERSTAND WHEN YOU START CATASTROPHIZING



PRACTICE SOME MINDFULNESS



RECOGNISE THE SIGNS OF YOUR ANXIETY



PRACTICE SOME SELF CARE

TRY ENGAGING IN RATIO BREATHING



CALL A FRIEND



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

MANAGE YOUR TIME EFFECTIVELY



Anxiety Relief Tips

Camilla Rothe



Anxiety Relief Tips:

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