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0

STRATEGIES TO MANAGE YOUR

ANXIETY

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ENGAGE IN SOMETHING PLEASURABLE



ENGAGE IN SOME EXERCISE



LIMIT THE AMOUNT OF ALCOHOL YOU DRINK



CHALLENGE YOUR THOUGHTS



JOURNAL YOUR WORRIES



WORK ON YOUR PROBLEM SOLVING SKILLS



TAKE A DEEP BREATHE AND COUNT BACKWARDS



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

FOCUS ON THE PRESENT MOMENT



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BUILD A MENTAL HEALTH SUPPORT NETWORK



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FOCUS ON THINGS YOU CAN CONTROL



PRACTICE IMAGERY TO REDUCE AROUSAL



DON'T BE AFRAID TO ASK FOR HELP



LOOK AFTER YOURSELF



DISTRACT YOURSELF



SLOW DOWN WHAT YOU ARE DOING



TEST OUT THE VALIDITY OF YOUR THOUGHTS



EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

TRY SINGING

LEARN SOME PROGRESSIVE MUSCLE RELAXATION



SET ASIDE SOME TIME TO WORRY



VISUALISE A SAFE PLACE



PRACTICE SOME MINDFULNESS



TRY ENGAGING IN RATIO BREATHING



RECOGNISE THE SIGNS OF YOUR ANXIETY



LISTEN TO RELAXING MUSIC



MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



IDENTIFY THINKING ERRORS



ASK YOURSELF: WHAT'S THE WORST THAT CAN HAPPEN

REDUCE YOUR STRESS LEVELS



MANAGE YOUR TIME EFFECTIVELY

Anxiety Relief Tips

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