

WITH ME IN MIND

Anxiety



Top tips for managing anxious feelings

- Remember anxiety is normal and you are not alone. Everyone will experience anxiety in their life
- Talk to someone about how you are feeling
- Eat a balanced diet, drink plenty of water, avoid caffeine and exercise often.
- Do something you enjoy to try and take your mind off things when you are struggling e.g. watch your favourite film, listen to music, play a game, read.
- If you're having a 'bad day', and are struggling to manage your anxious thoughts, make sure you forgive yourself, and be proud of what you have achieved, rather than focusing on what you have not
- Focus on breathing. Trace a finger around the fingers on your other hand. Breathe in and as your fingers traces up and breathe out when your finger traces down.
- Pick up an object close to you. Focus on the details. How heavy does it feel? What colours can you see? How would you describe it? What does it do?
- Tell yourself that this feeling will pass, try to focus on the here and now. Look at the date and time. Be present in the moment. Where are you? What are you doing?
- Use positive imagery. Think of a place which makes you happy, what are the sights, smells and sounds?
- Write down your worries/ thoughts and then set aside an amount of time each day for worry. You can do this on your own or with a family member.