

# MANAGE YOUR ANXIETY

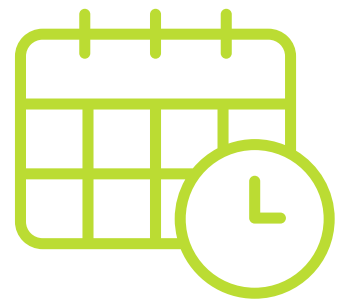


## 1. TALK TO SOMEONE

Open up about what's making you feel anxious or how anxiety affects your life to someone you trust or contact a confidential helpline.

## 2. ADDRESS YOUR WORRIES

Set a specific time to focus on the things that are worrying and/or write them down in a specific place.



## 3. TRY BREATHING EXERCISES

Breathe in through your nose, as deeply into your belly as possible, and then breathe out slowly through your mouth, counting if you find this helpful.

## 4. KEEP A DIARY

You could record your symptoms, your worries, triggers for panic attacks – OR, you could also try writing about the positive things that happen.



## 5. SEEK FURTHER SUPPORT

Contact your GP to treatment options, look for support groups, such as Anxiety UK, and/or explore alternative therapies to help manage your anxiety.

## 6. LOOK AFTER YOURSELF

Try to get enough sleep, eat regular, balanced meals to help maintain positive mood and energy levels, limit caffeine and alcohol, and try to avoid smoking.



## 7. MOVE YOUR BODY

Move your body in a way you enjoy, whether that's running, dancing, yoga or a team sport. Getting regular physical activity can help keep anxiety at bay.

## 8. ENJOY FRESH AIR

Getting outside in the fresh air can do wonders for your mental health. Go for a walk, head to your garden to read or meditate, or exercise outdoors.

