

# 10 Strategies to manage your own

# Anxiety



## 1 Slow Breathing

when anxious your breathing is faster and shallower so breathe in slowly for 6 - count to 3 then exhale for 6 this will slow down your breathing

## 3 Learn from others

Speaking with other people who are anxious can help you to feel less alone and isolated

## 5 Challenge your self-Talk

How you think effects how you feel, try to think less worst case and try to look at the facts for and against your fears being true!

## 7 Healthy lifestyle

Keep active, eat well, get out into the fresh air, see family & friends doing activities you enjoy as this will reduce anxiety and stress.

## 9 Plan Worry time

It's hard not to worry, so set aside a quiet 10 minutes to think about the things that worry you, journal a few, when the time is up you need to park these until the next planned worry time

## 2 Relax your Muscles

Find somewhere quiet, close your eyes, tense and then relax your muscle groups from head to toes, repeat three times

## 4 Being present in the moment

Anxiety can make you live in a fearful future that hasn't happened. Capture those thoughts and bring yourself back to the present

## 6 Small acts of bravery

Try approaching something small that makes you anxious - by learning what you fear rarely happens these can be small wins

## 8 Get to know your anxiety

Keep a diary of when you're at your best and your worst. find any patterns and plan your week to manage this

## 10 Be kind to you

Remember that you are not your anxiety, or your fears but you are going through tough times right now, but these will end and you will be better