

IF YOU WOULD LIKE HELP MANAGING ANXIETY



# how to manage ANXIETY

- **IDENTIFY WHAT YOUR ANXIETY IS AND WHAT TRIGGERS IT.** Keep a diary - record situations, symptoms and thoughts that make you feel anxious.
- **FACE YOUR FEARS.** Try to visualise in detail facing your fear and getting through it, then gradually and repeatedly practise doing something that you fear doing. Be prepared to keep at it!
- **CHALLENGE YOUR NEGATIVE THOUGHTS.** Look at the evidence for and against your negative thoughts. Ask yourself "Is there another way to look at this?" 'what kind of advice would I give a friend?
- **POSITIVE SELF TALK.** Remind yourself of times when you have been in an anxiety provoking situation before and got through it. Draw strength from this. Tell yourself, "I can cope", "Breathe, stay calm", "These feelings will pass".
- **RELAX.** Regularly practising relaxation skills and controlled breathing exercises is a very useful way of coping with anxiety. When you feel anxious try breathing in through your nose and then breathe out through your mouth slowly counting 1..2..3 each time.