

50 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

 LIMIT THE AMOUNT OF CAFFEINE YOU HAVE

 HAVE A BATH
 DOWNLOAD AN APP

 WHY NOT TRY DOING SOME YOGA

 JOIN AN EXERCISE GROUP

 BUY A MINDFULNESS COLOURING BOOK

 LEARN WHAT YOUR TRIGGERS ARE

 LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU

 COUNT TO TEN SLOWLY

 COME UP WITH AN ALTERNATIVE THOUGHT

 BUILD A MENTAL HEALTH SUPPORT NETWORK

 TRY TO KEEP THINGS IN PERSPECTIVE

 FOCUS ON THINGS YOU CAN CONTROL

 TAKE A BREAK

 EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

 MAKE SURE YOU ARE EATING A BALANCED DIET

 TRY SINGING

 LEARN SOME PROGRESSIVE MUSCLE RELAXATION

 SET ASIDE SOME TIME TO WORRY

 PRACTICE SOME MINDFULNESS

 TRY ENGAGING IN RATIO BREATHING

 LISTEN TO RELAXING MUSIC

 IDENTIFY THINKING ERRORS

 ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

 REDUCE YOUR STRESS LEVELS

 MANAGE YOUR TIME EFFECTIVELY

 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

 VISUALISE A SAFE PLACE

 RECOGNISE THE SIGNS OF YOUR ANXIETY

 CALL A FRIEND

 MAKE SURE YOU ARE GETTING PLENTY OF SLEEP

STOP

Anxiety Relief Tips

JS Bruner



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