

50 STRATEGIES TO MANAGE YOUR ANXIETY

TAKE A BREAK FROM TECHNOLOGY

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COME UP WITH AN ALTERNATIVE THOUGHT

PRACTICE IMAGERY TO REDUCE AROUSAL

ACCEPT THAT YOU HAVE ANXIETY

WHY NOT TRY DOING SOME YOGA

BUILD A MENTAL HEALTH SUPPORT NETWORK

TALK TO SOMEONE ABOUT YOUR ANXIETY

JOIN AN EXERCISE GROUP

TRY TO KEEP THINGS IN PERSPECTIVE

DON'T BE AFRAID TO ASK FOR HELP

FOCUS ON THE PRESENT MOMENT

BUY A MINDFULNESS COLOURING BOOK

FOCUS ON THINGS YOU CAN CONTROL

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

LIMIT THE AMOUNT OF CAFFEINE YOU HAVE

HAVE A BATH

DOWNLOAD AN APP

LEARN WHAT YOUR TRIGGERS ARE

LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU

COUNT TO TEN SLOWLY

EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

MAKE SURE YOU ARE EATING A BALANCED DIET

LOOK AFTER YOURSELF

DISTRACT YOURSELF

SLOW DOWN WHAT YOU ARE DOING

TEST OUT THE VALIDITY OF YOUR THOUGHTS

LEARN SOME PROGRESSIVE MUSCLE RELAXATION

SET ASIDE SOME TIME TO WORRY

VISUALISE A SAFE PLACE

PRACTICE SOME MINDFULNESS

RECOGNISE THE SIGNS OF YOUR ANXIETY

TRY ENGAGING IN RATIO BREATHING

LISTEN TO RELAXING MUSIC

MAKE SURE YOU ARE GETTING PLENTY OF SLEEP

IDENTIFY THINKING ERRORS

ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

REDUCE YOUR STRESS LEVELS

MANAGE YOUR TIME EFFECTIVELY



Anxiety Relief Tips

SA Dillow



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