

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


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



Anxiety Relief Tips

Deborah Mitchell



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