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WORK ON YOUR PROBLEM SOLVING SKILLS


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PRACTICE SOME DEEP BREATHING


UNDERSTAND WHEN YOU START CATASTROPHIZING


PRACTICE SOME SELF CARE


TAKE A BREAK FROM TECHNOLOGY


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MAKE SURE YOU ARE EATING A BALANCED DIET


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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


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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


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Anxiety Relief Tips

Claud F. B. Regnard, Sue Tempest

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