

# LEARNING TIPS FOR MANAGING ANXIETY

## BREAK STATE

### STOP!

Don't focus on the feelings of anxiety.

Distract yourself and more importantly focus your thinking on something more positive.



## DO SOMETHING YOU LOVE

Get out in nature, listen to music, read a book, talk to a loved one, watch a movie...

## BREATHE

The heavy breath is a good technique to use when you are feeling anxious.

1. Sit or lie down comfortably. Close your eyes if you like
2. Breathe slowly and steadily in through your nose for a count of 4
3. Breathe out slowly and steadily for a count of 4
4. Repeat a few times

## WHO SAID THE WORD EXERCISE?

Honestly, it doesn't have to be a visit to the gym! Find a way that you enjoy which will naturally release your endorphins.

Go for a walk in nature, exercise at home (YouTube have great freebies), put some music on and dance...

## DEAL IN THE FACTS

Anxiety is triggered by our thinking - even if it's an event that kicks it off it is the way we think that causes the reaction.

Always KNOW that anxiety passes...



## ME TIME

If you are under pressure with work or just with life, give yourself a little time and take a break.

## ITS OK NOT TO BE OK!

Ask for help.

Speak with a friend, join a like minded group, speak to a therapist, do some self help.

Take a look at my freebies on [www.yourwellbeinguk.com](http://www.yourwellbeinguk.com)



## WRITE IT DOWN

Start to notice what causes the anxious feelings and write it down. I always suggest writing down our thoughts.

That way you can better help yourself if you understand the triggers.