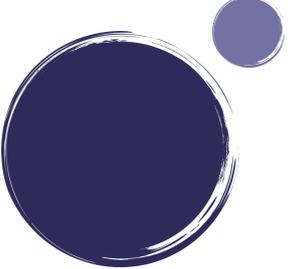


5 TOP TIPS TO BEGIN COMBATTING ANXIETY

Everyone experiences feelings of anxiety at some point, this is normal as our anxieties often help protect us but sometimes it can become more intense. All of the strategies below are ways that you can use to help combat any signs of anxiety or just to support you in general with managing and balancing demands in life.

-  1. Take deep breaths - inhale through your nose and out through your mouth. Deep breathing allows our bodies to get more oxygen and promotes a state of calmness within us. It takes your attention away from your worries in your head and helps to quieten your mind.
-  2. Counting slowly to 10 or beyond if needed. When we are feeling anxious or stressed, we need to distract our brain, we all know how to count easily without much thought and therefore is something that we can access quickly. Our brains can't focus on counting and worrying at the same time! If counting doesn't work, why not sing your favourite song! The best thing is, you can do this anytime, anywhere.
-  3. Learning and understanding your triggers - by this we are referring to knowing when certain moments or situations are causing higher levels of anxiety so that you can identify these and then being to put strategies in place to support you. You may need to log or journal this to begin with, in order to find patterns such as time of day, locations, activities, even the people who are around you.



5 TOP TIPS TO BEGIN COMBATTING ANXIETY

- 4. Try to maintain a healthy lifestyle - have a balanced diet and ensure you do some exercise getting yourself outside in the fresh air. When we are looking after our physical body, it really supports our emotional and mental body too! Choose forms of exercise that you enjoy, a walk in the park, a swim, yoga session, HIIT training, whatever it is, that you love to do!
- 5. Getting enough sleep: This is a catch-22 situation, if you don't get enough sleep, your anxiety can heighten and if your anxiety levels are high, it's often harder to sleep. It may be that you need to find strategies that help you relax before getting into bed to go to sleep so that you get better quality sleep, not necessarily more! One of the ways to do this is to ensure you have time to wind down before bed; this might be having a bath, turning off your phone 30 minutes before sleep, reading a chapter of your book or even meditation.

Things to remember:

- Try strategies and find which ones work best for you
- Be consistent and give it chance - it may not work after one attempt!