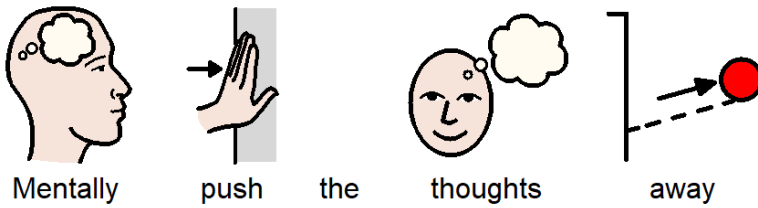
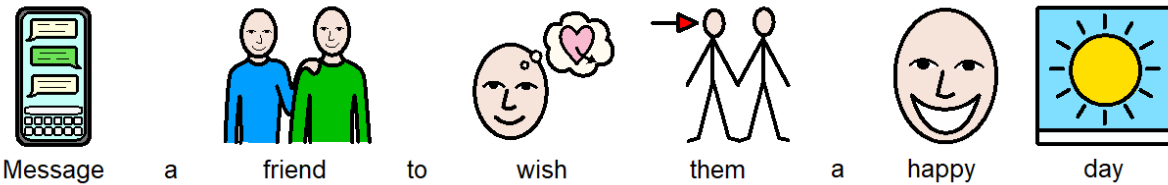


When anxiety feels overwhelming some people find these suggestions helpful

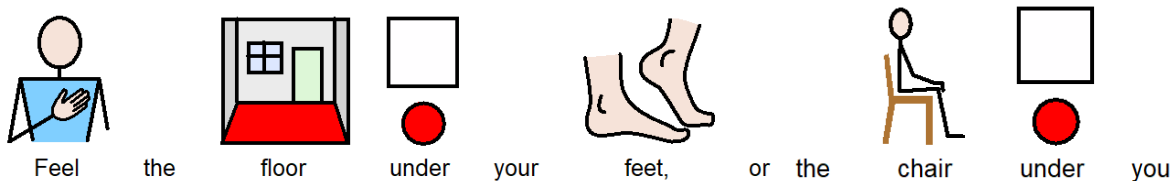
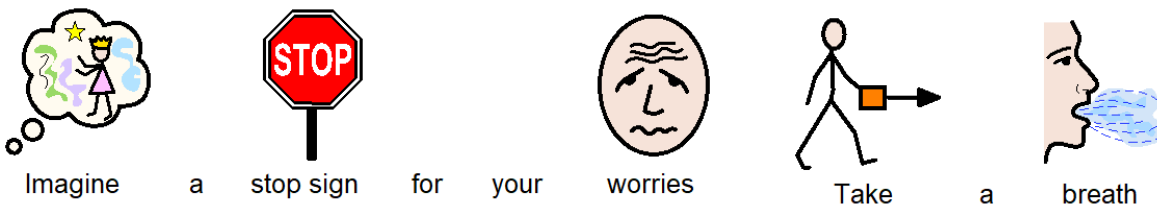
1. Mentally push/swipe the anxious thoughts away, sometimes it can help to do the action of swiping something away, just make sure there is nothing in your way!



2. If you use social media/email select a couple of friends and send them a message wishing them a happy day - personalise it a bit to what you know they like/enjoy. If you're not online mentally send the messages to them



3. Picture a stop sign for your worries - take some deep breaths, feel the ground under your feet or the chair under your bum and focus on a nicely coloured object in the room



4. Take a deep breath.



breath

Name five things you can see. Name them out loud, or in your head.

5

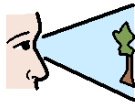


Five

things



you can



see

Name four things you can hear. Name them out loud, or in your head.

4



Four

things



you can



hear

Name three things you can feel. Name them out loud, or in your head

3



Three

things



you can



feel

Name two things you can smell. Name them out loud, or in your head

2



Two

things



you can



smell

Name one thing you can taste. Name them out loud, or in your head

1



One

things



you can



taste

5. Whilst you are calm/not worrying and if you know what you're likely to worry about, write down three facts that challenge your worrying thoughts - you can do this on your phone or on a piece of paper. If you start to feel overwhelmed check them out

3



Three

facts



that

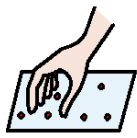
challenge

your



worries

6. Choose a mindful object - it's good if it is small and transportable and has sensory interest (nice texture, colours or a scent) focus on your object when you are feeling anxious. Describe its properties to yourself, what do you like about it?

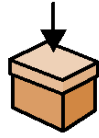


Choose

a



Sensory



object

to



focus on



when



you



feel anxious



Describe

it

and



why

you



like

it

7. It sounds cheesy - but where is your happy place? - Mine is Kathmandu - I can picture it in my mind and be transported back there when I am worried - take a virtual trip!

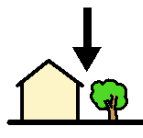


Imagine

your



happy



place,

go

for



a virtual



trip

8. Create a playlist of calming happy songs to listen to when you begin to feel overwhelmed - make it really easily accessible/clearly labelled on your phone so other people can find it if you need them to .



Make

a



list

of



happy



music

to



play



when

you're



anxious

9. Reach out for help - in person or remotely - use social media to its best advantage - people will want to help you



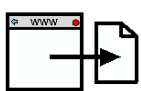
Ask

for



help!

10. Download a mindfulness app - there's loads out there - some people find them really helpful.

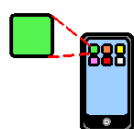


Download

a



mindfulness



app

11. Take a break from situations that you know might make your worries worse - limit time on social media, or with people who are constantly talking about the things you are worrying about. Whilst it's good to stay informed about the world - we all need time out now and then.



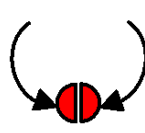
Take a break

from



things

that



make

your

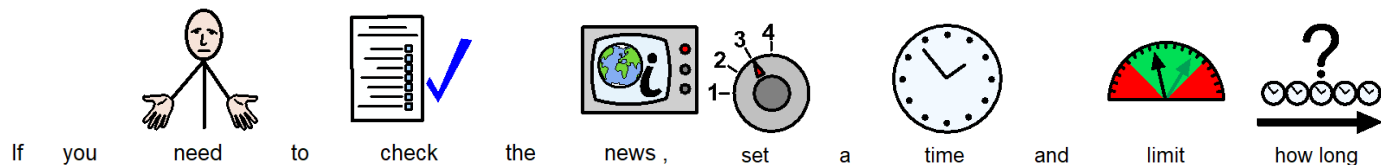


worries

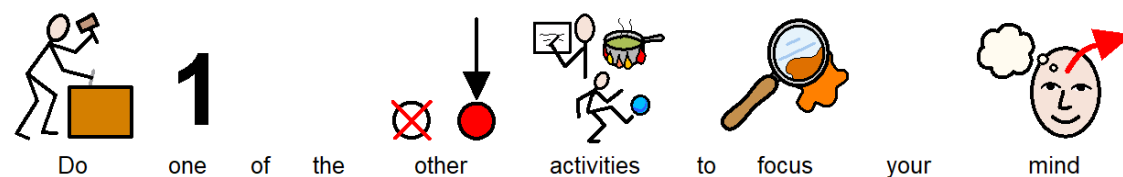


worse.

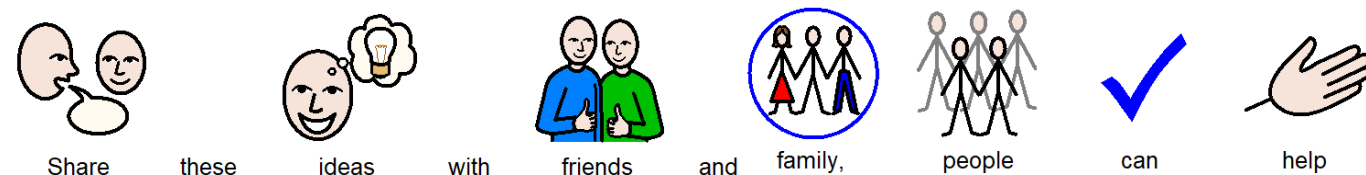
12. If you feel you need to check the news/social media for up-dates on events timetable this in to your day so you know you will do this at, say 5pm and only for 30 minutes, you're then up to speed with events but not overly consumed by them. You can then put those thoughts to one side until the scheduled time knowing you're on top of it. You could perhaps plan one of the other activities mentioned above to do afterwards so you can switch off again.



you look



If you fancy trying any of these suggestions why not share your plans with friends or family. Sometimes it can be hard to remember what to do when worries hit - other people can be helpful in suggesting/reminding you what can help.



What are your top tips??

