

Anxiety

What helps?

Anxiety is a condition which can be treated – it's not your fault and it doesn't have to be endured. Here are some things that will help:

Anxiety often develops as a reaction to difficult life events. **Get help** with the causes of your (di)stress if possible.

Recognise that the physical symptoms of anxiety are part of the body's normal (fight or flight) response to stress/threat. We're stuck on red alert.

Talk about how you're feeling.

Share your worries with someone you trust.



Keep your mind focused on the present moment, and on what you can currently control

Learn to manage the physical symptoms of anxiety

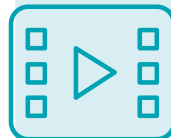
✓ **Build some exercise into your daily routine** to use up the adrenalin. Start gentle and steady, find a routine that suits you

✓ **Slow down your breathing**

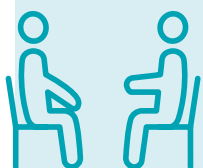
✓ **Learn a relaxation technique.** A **quick guided relaxation** exercise could be a good starting point.



Distract yourself from worrying when you can. Absorb yourself in a hobby, take some exercise, watch a film, or chat with friends.



Understand anxiety can be a **circular process** – we worry about worrying.



Talk to your GP. They can refer you for professional help.

Access **self-help resources** to manage your symptoms.