



Tips to help with anxiety...



Remember anxiety is normal and you are not alone. Everyone will experience anxiety in their life

Talk to someone about how you are feeling or try writing down your feelings. Try to think how you'd respond to a friend who was saying these things. What would you tell them?



Look after yourself. Try to eat a balanced diet, drink plenty of water, avoid caffeine (as this can increase your heartrate and make you feel more anxious) and exercise often.

If you're having a 'bad day', and are struggling to manage your anxious thoughts, make sure you forgive yourself, and be proud of what you have achieved, rather than focusing on what you have not



Focus on breathing. Trace a finger around the fingers on your other hand. Breathe in and as your fingers traces up and breathe out when your finger traces down. Try and breathe out for longer than you breathe in (e.g. breather in for four and out for eight).

Tell your self that this feeling will pass, try to focus on the here and now. Look at the date and time. Be present in the moment. Where are you? What are you doing? Pick up and object close to you. Focus on the details. How heavy does it feel? What colours can you see? How would you describe it? What does it do?



Write down your worries/ thoughts and then set aside an amount of time each day for worry. You can do this on your own or with a family member.