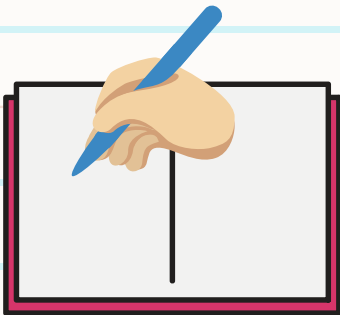




5 top tips on

MANAGING ANXIETY



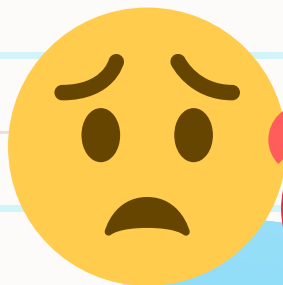
Learn what triggers your anxiety by keeping a diary of the times you feel anxious, how you feel, your thoughts etc. This will help you know which signs to look out for when you may be experiencing an episode of anxiety.

Try out breathing exercises when you are feeling anxious. One example is 7-11 breathing. Breathe in to the count of 7 and out to the count of 11. Do this between 10-20 times knowing that you will relax more each time. Concentrate on counting and be aware of how less tense you feel just by relaxing your breathing and blocking out your worrying thoughts. If it's easier count in 3 and out 5.





Keep yourself healthy physically by getting enough sleep, eating healthy and exercising regularly. Exercising is great for your mental health and relaxing.



Schedule time to worry. Each day set aside 15-30 minutes whereby you are allowed to worry about whatever is on your mind. If you find yourself worrying between your scheduled 'worry times' write your worries down and remind yourself you have scheduled time so you do not need to worry right at that moment.

Talk to someone; a friend, family member, teacher or professional. You may find talking a big help and a way of releasing how you're feeling.

