



Coping With Anxiety



Immediate Responses



When anxiety hits, there are things that you can do instantly to help reset your fight/flight response.

- Acknowledge that you are anxious, but that the feeling will pass;
- Use some grounding techniques such as deep breathing; '5-4-3-2-1 in the moment' technique; hold a piece of ice or something cold in your hand; chew a sour sweet; describe your current surroundings out loud. (There are a wide range of grounding techniques available through internet searches to help you find what works for you);
- Use imagery or meditation techniques, such as picturing yourself in a place that makes you feel happy, safe and comfortable;
- Challenge any negative or irrational thoughts/worries that are in your head. Where is the evidence that your worries are real? Can you reframe the worries and thoughts into something positive? - ask yourself things such as:
 - Is my thought based on facts or feelings?
 - How likely is it that my worries or fears will come true?
 - Will this situation matter in a week/month/6 months?
- Release any tension in your muscles caused by the anxiety. You can do this by doing something physical such as going for a walk; punching a cushion; running on the spot for 5 minutes;
- Using progressive muscle relaxation techniques, where you tense and release different parts of your body in turn, can also help to reduce physical impact;
- Put on some music that helps you to relax.





Daily Management and Lifestyle Changes



Incorporating strategies into your daily life can help to manage anxiety longer term and provide ways of dealing with situations that will arise.



Healthy Living. Eating a healthy, well balanced diet that contains vitamins, nutrients and whole grains, as well as staying hydrated is important in maintaining our overall wellbeing.



Sleep Routine. A good sleep pattern is vital for allowing our bodies and minds the time they need to rest and regenerate.



Stay Active. Regular activity helps to reduce cortisol in our brains and increase endorphins, which improve mood.



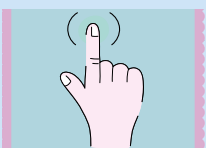
Spend Time in Nature. Being outside and surrounded by nature regularly, naturally reduces cortisol. Being in nature helps to lower our stress levels and blood pressure.



Limit Stimulants. Although caffeine, nicotine and alcohol may feel like they provide short term relief from anxiety, in longer term, they actually increase anxiety through their impact on brain chemicals.



Worry Time. Allocate yourself some dedicated time (10-20 minutes) each day where you allow yourself to express your worries and process your anxious thoughts. Think things through, question your thoughts and rationalise your worries.



Identify Your Triggers. What causes your worries? Pay attention to when you become anxious and identify patterns. Once you are aware of your triggers, you can be proactive in stemming your worries and anxieties before a situation arises.



Journal. Move your worries from your head onto paper. Through doing this, it helps you process your thoughts, as well as see them from a different perspective. Journaling can also help to identify triggers and patterns.



Socialise. Socialising lets you connect with others and know that you are not alone. Being with others can produce endorphins which improve mood.

Ten Tips for Coping with Anxiety

Don't push
away your
feelings

Breathe
Deeply

Use
Grounding
Techniques

Practice
Mindfulness
Techniques

Reduce
stimulants such
as alcohol,
caffeine or
nicotine.

Eat Healthy
Foods

Acknowledge the
fear and do it
anyway.

Exercise

Connect
with Others

Seek
Professional
Support

Seeking Professional Support

Seeking professional support to help with learning how to manage your anxiety is also an option. Working with a qualified therapist can help you to process your thoughts and feelings as well as finding ways to break any negative thought patterns.

Therapy can help you to learn strategies to help with situations that cause anxiety as well as with phobia.

You can seek support through your GP, or through finding a private practitioner that can support with anxiety.

Further information can also be found via websites such as 'Mind' and 'AnxietyUK'.