

# ANXIETY MANAGEMENT STRATEGIES

## STAYING IN THE PRESENT

Anxiety can make you worry about a terrible future that hasn't happened yet. Try to bring yourself back to where you are. Practising mindfulness can help.



## STAY HEALTHY

Keep active, eat well, spend time with family and friends, and do activities you enjoy this improves your wellbeing = Less anxiety

## PLAN WORRY TIME

It's hard to stop worrying entirely so set aside some time to indulge your worries. Choose time of your day and amount of time to write them down or go over them in your head it can help stop your worries from taking over at other times.

## SUPER HERO TIME

Avoiding what makes you anxious provides some relief in the short term, but can make you more anxious in the long term. Try facing something that makes you anxious. The way through anxiety is by learning that what you fear isn't likely to happen – and if it does, you'll be able to cope with it..

## CHALLENGE YOUR SELF-TALK

How you think affects how you feel. Anxiety can make you overestimate the danger in a situation and underestimate your ability to handle it. Try to think of different interpretations to a situation that's making you anxious, rather than jumping to the worst-case scenario.

## BE KIND TO YOURSELF

Remember that you are not your anxiety. You are not weak. You are not inferior. You have a mental health condition. It's called anxiety.



## A SMALL AMOUNT OF ANXIETY IS HEALTHY

A bit of anxiety can help you deal with stressful situations. You need to worry when it starts to get in the way of how you engage in your normal life activities.

## GET TO KNOW YOUR ANXIETY

Use a journal to take notes and understand of when it's at it's best – and worst.

