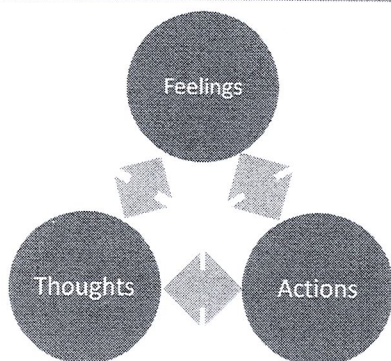




SELF-HELP GUIDE TO COPE WITH ANXIETY

What is anxiety?

Anxiety is when you often feel worried or afraid and this stops you from living your normal life. Anxiety is a physical and emotional response to worry; something we consider to be threatening.



Anxiety is normal

Anxiety is a perfectly natural response to a threatening situation and we all experience it from time to time. However, at some points in our lives it misfires and become a problem. We cannot get rid of anxiety completely however we can learn how to manage it better.

How to stop the cycle?

Our thoughts, feelings and behaviours are all linked. The way we think about something affects the way we feel about it. In the consequence, our thoughts and feelings affect our behaviour, our decisions and choices; what we do. Sometimes one of the three becomes a trigger for another. In order to break the cycle, **we can learn to do things differently**, including learning new healthy coping skills, which will help us feel better about ourselves and others. As a result, we may learn to understand and see out thoughts differently.

Safety behaviours

Safety behaviours are the behaviours we rely on when we have an anxiety problem because we believe that they will protect us from the feared consequence. These often include avoidance (when you avoid certain situations, places, feelings or people who frighten them in the hope it will keep you "safe") or seeking reassurance.

Further support

ChildLine 0800 1111

Young Minds 0808 802 5544

Useful websites

www.childline.org.uk

www.youngminds.org.uk

www.samaritans.org.uk

www.harmless.org.uk

www.kooth.com

Free Phone Applications

Calm Harm –for people who self-harm

MindShift CBT- Anxiety Relief



Challenge your thoughts!

1. Write down your worries. Notice how you feel and what you do in the situations that are triggering.
2. Consider the whole picture. Am I taking all the information into account?
3. Put things into perspective. What are the possible outcomes- best, worst, most likely?
4. Find the shades of grey. Is there an in-between where things are not perfect but not a disaster?
5. Be specific. Is the thought I am having now apply to all situations or am I generalising?
6. Acknowledge the good. What are the good things in this situation?

Things I can do practically to manage my anxiety better

1. Make sure you get enough **sleep**.
2. **Relax**. Think what helped you to calm down in the past and what activities you enjoy.
3. **Move!** There is a positive impact of physical activity on how we feel and what we think.
4. Practice **mindfulness**. Start from basic breathing exercises, pay attention to your thoughts and let yourself to be present in the moment.
5. **Connect** with others and with nature.
6. Seek additional **help** if you need.