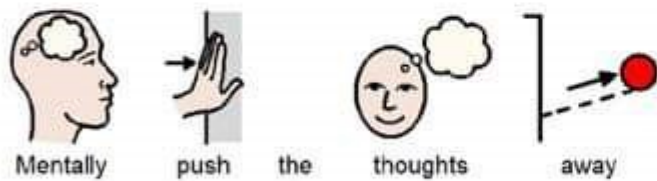
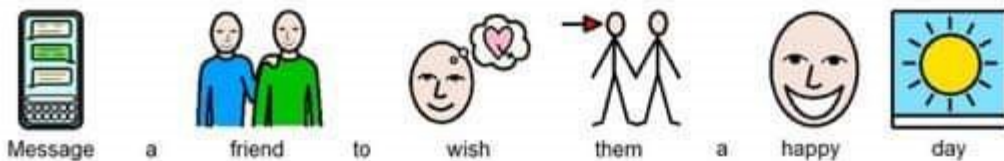


When anxiety feels overwhelming some people find these suggestions helpful

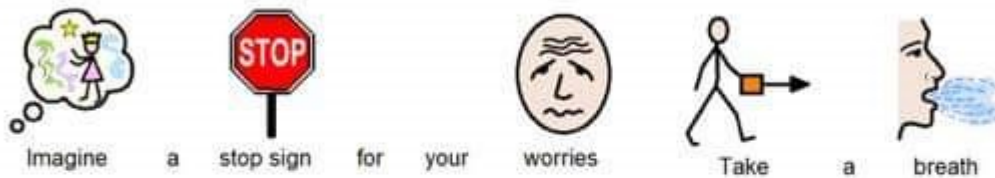
1. Mentally push/swipe the anxious thoughts away, sometimes it can help to do the action of swiping something away, just make sure there is nothing in your way!



2. If you use social media/email select a couple of friends and send them a message wishing them a happy day - personalise it a bit to what you know they like/enjoy. If you're not online mentally send the messages to them



3. Picture a stop sign for your worries - take some deep breaths, feel the ground under your feet or the chair under your bum and focus on a nicely coloured object in the room



4. Take a deep breath.



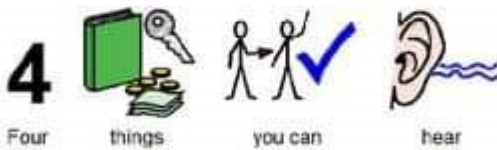
breath

Name five things you can see. Name them out loud, or in your head.



Five things you can see

Name four things you can hear. Name them out loud, or in your head.



Four things you can hear

Name three things you can feel. Name them out loud, or in your head



Three things you can feel

Name two things you can smell. Name them out loud, or in your head



Two things you can smell

Name one thing you can taste. Name them out loud, or in your head



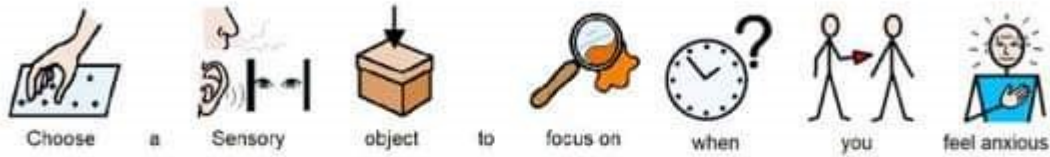
One thing you can taste

5. Whilst you are calm/not worrying and if you know what you're likely to worry about, write down three facts that challenge your worrying thoughts - you can do this on your phone or on a piece of paper. If you start to feel overwhelmed check them out

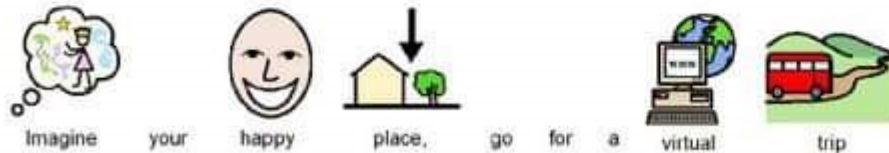


Three facts that challenge your worries

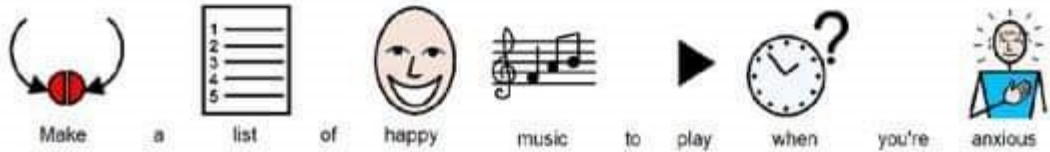
6. Choose a mindful object - it's good if it is small and transportable and has sensory interest (nice texture, colours or a scent) focus on your object when you are feeling anxious. Describe its properties to yourself, what do you like about it?



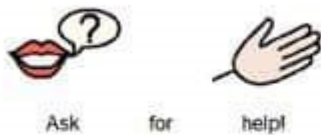
7. It sounds cheesy - but where is your happy place? - Mine is Kathmandu - I can picture it in my mind and be transported back there when I am worried - take a virtual trip!



8. Create a playlist of calming happy songs to listen to when you begin to feel overwhelmed - make it really easily accessible/clearly labelled on your phone so other people can find it if you need them to .



9. Reach out for help - in person or remotely - use social media to its best advantage - people will want to help you



10. Download a mindfulness app - there's loads out there - some people find them really helpful.



11. Take a break from situations that you know might make your worries worse - limit time on social media, or with people who are constantly talking about the things you are worrying about. Whilst it's good to stay informed about the world - we all need time out now and then.

