

Helpful Tips for Handling Anxiety

- Question anxious thoughts and ask yourself if they are reasonable or realistic.
- Try to figure out what triggers those thoughts.
- Attempt to connect the feelings that accompany the worry thoughts such as irritability or frustration.
- Notice how these annoying thoughts make your body feel – chest tightness, hot flashes, butterflies in your stomach, etc.
- Identify your responses or actions – do you avoid, procrastinate or block out the thoughts, feelings or sensations?
- Make time for restful sleep – write worries down before bed and put the list aside.
- Experiment with relaxation, assertiveness, delegation of tasks and time management skills.
- Add in regular exercise, warm baths, creative outlets and relaxing breathing – these are extraordinarily helpful daily routines.
- Remind yourself of other times you have coped well – call a friend for support and reassurance.
- Don't forget to approach yourself with kindness and compassion and as if you are in training – this is a learning process!