

Anxiety

Anxiety is a normal reaction when we think we are in danger. It's what's known as the Fight - Flight- Freeze response.

Check out this video for an explanation:

<https://www.youtube.com/watch?v=rpolpKTWrp4>



When we are anxious we tend to overthink, catastrophize and under-estimate our ability to cope with what we are facing. It's how we think about a situation that causes anxiety. When we identify what or why we think something is dangerous or we won't be able to cope and challenge our thoughts, we can begin to reduce the anxiety we feel.

Top Tips for Anxiety

1. The fight, flight, freeze reaction is a normal reaction when you 'think' you are in danger.
2. Remember the physical symptoms you are feeling are a normal reaction to anxiety.
3. Stop and breathe - this will help to calm your heart rate and regulate your breathing.
4. Check your thinking: Are you really in danger? What are you imagining is going to happen? What is most likely to happen? What's the evidence that your thinking is 100% true? Could there be another way of looking at the situation? What would you say to a friend? What is the most likely outcome?
5. Remind yourself that you are okay, that you are safe.
6. Create more realistic and helpful thoughts about the situation you are facing.

7. Practise your new helpful thoughts often. Write them down and read them every morning and evening. Put an alarm on your phone to remind you to read your helpful thoughts or you write them on sticky notes and put them where you will see them.
8. Distract yourself with activities that make it hard to think about the situation you are anxious about e.g. play piano, do a puzzle, play a game or be creative.
9. Postpone your thinking to another time and limit how long you think about the situation that is making you anxious.
10. Download your anxious thoughts by writing a journal, poem or story.
11. Use a self-help anxiety app
 - Mind Shift CBT https://www.youtube.com/watch?v=LhAza_1Wfyw
 - Clear Fear App <https://www.youtube.com/watch?v=5NogQvWOKuc>
12. Reach out and talk to a friend.



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