

# Top tips for managing anxiety

We all experience anxiety. It is a 'normal' response. Everybody gets anxious at times and some anxiety actually helps us to function well. However, anxiety can become a problem when we experience it too often, it goes on for a long time or it stops us from doing things that we want to do. Here are some suggestions of what has helped other young people who have experienced anxiety. See what works for you.

## Try a mindfulness exercise using one of our recommended apps

Mindfulness helps you have a better understanding of yourself and become more at peace rather than fighting your thoughts and feelings.

## Practise self-care

Anxiety can produce many unpleasant physical symptoms such as headaches, feeling sick, dizziness etc. Know that these feelings are uncomfortable but they will gradually subside if you are able to practise some relaxing self-care activities. Consider using your Hope box.

## Rest

It's harder to deal with emotions when you are tired.

## Breathing exercises

Breathing exercises are a very powerful way to control anxiety. Try a breathing exercise from one of our recommended apps or the 7/11 breathing technique – breathe in for 7 seconds and out for 11. Repeat at least 5 times.

## Ground techniques

Try a grounding technique to bring you to the present moment: count the lines on the palm of your hand, name an animal for each letter of the alphabet, count from 100 backwards.

## Exercise

Exercise is really helpful in using up the adrenaline anxiety can create. You could try going for a fast walk or a jog or you could try some calming yoga.

## Relax

Create a playlist of calming music

## Write it down

Write about how you feel in a journal. Try asking yourself: What am I anxious about? What is the evidence for and against what I am thinking? Is there an alternative, more balanced thought I can have about the situation?

## Tell someone how you are feeling

Tell a parent, carer or friend. See our crisis contacts sheet for other options. Saying out loud how you feel can help ease your anxiety.

# Things that work for me when I am feeling anxious: