

UNDERSTANDING ANXIETY

WHAT CAN YOU DO ABOUT IT?

Everybody feels anxious sometimes. These feelings are likely to have increased recently for some people and they may find the following helpful:

- The pandemic has disconnected people and reconnecting and managing new ways of connection are important in anxiety provoking times.
- If possible, try to distract yourself from your worries. Sometimes we are better at resolving worries when we have had some time away from the stress of them.
- Take time to look after yourself. Some people find that exercise is helpful.
- Mindfulness meditation can also help some people.
- Use whatever support you find helpful. If talking to friends and family helps, then talk. If keeping your mind occupied with books, games or other activities helps, then do this.
- If these strategies don't help, or after a period of time you feel that your anxiety is getting worse, it may be worth seeking professional help.

Remember...

- Strong feelings can come and go
- Accept that it's okay to not feel okay sometimes
- You already have lots of good coping skills and they can help here
- Other people may also be feeling upset and scared. We can help and support each other
- Try to focus on the things you can control
- Try to limit the amount of time reading and watching the news. Constant reminders of the current difficulties are likely to make you feel more anxious
- Try not to avoid things that make you feel anxious this will only make you feel better in the short term and the number of things you start to avoid can increase.

