



Anxiety :

Supporting yourself

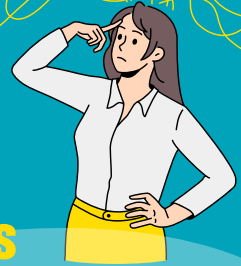


Practice relaxation techniques

Deep breathing, mindfulness, and progressive muscle relaxation are some techniques that can help you calm down when you feel anxious.

Challenge your thoughts

Anxiety often stems from negative thoughts and beliefs. Try to identify these thoughts and challenge them with evidence-based reasoning.



Engage in regular exercise

Exercise can help reduce anxiety by releasing endorphins, which are natural mood-lifting chemicals.

Take breaks and practice self-care

It's essential to take regular breaks and engage in activities that you enjoy to help reduce stress levels and improve overall well-being.



Seek support

Don't be afraid to reach out for support from friends, family, colleagues or mental health professionals if you are struggling with anxiety.

Anxiety: Supporting others

Listen actively



When someone is experiencing anxiety, it can be helpful to listen actively and provide a supportive presence without judgment.



Provide reassurance

Let the person know that you are there for them and that their feelings are valid and understandable.

Help them identify coping strategies

Encourage the person to identify healthy coping strategies, such as doing something they enjoy or helps them relax and help them practice these techniques when they feel anxious.



Offer practical support

If possible, offer practical support, such as helping with errands or tasks, to help alleviate some of the person's stress.



Encourage professional help

If the person's anxiety is interfering with their daily life, encourage them to seek professional help from their GP or a mental health professional.

For more information check out our 'Anxiety' Toolbox Talk.

Remember, it's essential to take care of yourself and others, and there's no shame in seeking help when needed. With the right support, anxiety can be managed and overcome.

