



# TIP SHEET.

## Anxiety: 10 Strategies.

There are a range of strategies you can use to manage your **anxiety**. What works is different for everyone, and it can take time to find the strategies that work best for you. But remember, if your anxiety is proving difficult to manage **seek support from a professional**.

### 10 strategies to try:

- **Slow breathing:** When you're anxious, your breathing becomes faster and shallower. Try deliberately slowing down your breathing. Count to three as you breathe in slowly – then count to three as you breathe out slowly.
- **Progressive muscle relaxation:** Find a quiet place. Close your eyes and slowly tense and then relax each of your muscle groups from your toes to your head. Hold the tension for three seconds and then release quickly. This can help reduce the feelings of muscle tension that often comes with anxiety.
- **Stay in the present moment:** Anxiety can make your thoughts live in a terrible future that hasn't yet happened, or a terrible past that you cannot change. Bring yourself back to the present moment, focus on the here and now. Practicing meditation can help.
- **Healthy lifestyle:** Keeping active, eating well, going out into nature, spending time with family and friends, reducing stress and doing the activities you enjoy are all effective in reducing anxiety and improving your wellbeing.
- **Take small acts of bravery:** Avoiding what makes you anxious provides some relief in the short term, but can make you more anxious in the long term. Try, even in a small way, approaching something that makes you anxious. The way through anxiety is by learning that what you fear isn't likely to happen – and if it does, you'll be able to cope with it.
- **Challenge your self-talk:** How you think affects how you feel. Anxiety can make you overestimate the danger in a situation and underestimate your ability to handle it. Try to think of different interpretations to a situation that's making you anxious, rather than jumping to the worst-case scenario. Look at the facts for and against your thought being true.
- **Plan worry time:** It's hard to stop worrying entirely! So, set aside some time to indulge your worries. Even 10 minutes to write them down can help stop your worries from taking over at other times.
- **Get to know your anxiety:** Keep a diary of how you are feeling. Find the patterns and plan your week – or day – to proactively manage your anxiety.
- **Learn from others:** Talking with others who also experience anxiety – or are going through something similar – can help you feel less alone. Explore Online Forums, self-help groups and professional supports.
- **Be kind to yourself:** Remember that you are not your anxiety! You are not weak! You are not inferior! You have a very common mental health condition. It's called anxiety.