

Anxiety Management Tips

Anxiety is a problem for many of us, so the CSEAS has put together some tips to help manage the thoughts and feelings associated with anxiety. Different things work well for different people, so the key is to find what is helpful for you.

STAY IN THE PRESENT MOMENT

When anxiety builds, we may feel scared or out of control, with our mind racing to uncertain future catastrophes. We should ask ourselves if there is a real danger in front of us, or are we actually safe at home / work and worrying about something that may or may not happen but is not a threat right now?

REDIRECT NERVOUS ENERGY

We can dispel nervous energy by physically moving to a different room / environment or by moving our body. We can walk, dance, do some gardening or housework, or simply shake it off. Do whatever works for you! Movement regulates the nervous system, releases muscular tension and burns excess adrenaline.

EXERCISE

Exercise can help to reduce some of the symptoms of anxiety. Almost any form of movement will boost endorphins and switch your attention from stressors. Regular exercise can lead to better sleep, improve health, reduce stress and lower cortisol, our stress hormone.

THOUGHTS AFFECT FEELINGS

Anxiety can make us overestimate the danger in a situation and underestimate our ability to handle it. Remember that our thoughts are not facts. They are our current interpretation and might not be an accurate reflection of the situation. Perhaps you could sound out your thoughts with a trusted friend or colleague.

MAKE A LIST

Write a list of your worries and, for each, ask yourself: **is this a problem I can solve, and if not, can I change how I feel about it?**

If it is within your control, list what you can do to address your concerns and / or resolve the issue. If your anxiety about this issue returns, remind yourself that you have a plan in place and refer to your list.

If it is something beyond your control, focus on developing coping skills to deal with the uncomfortable feelings that this issue creates in you.

You can talk to the CSEAS about adopting daily strategies to help you develop these skills.

BE KIND TO YOURSELF

Practicing self-compassion can help reduce anxiety. We should treat ourselves with the same love, acceptance and respect as we treat others. If you had a loved one thinking / feeling this way, what would you say to them? Be as patient and understanding with yourself as you are with the people you care about!

An **Introduction to Mindfulness** course can be found on OneLearning

5
things I can
see



4
things I can
touch



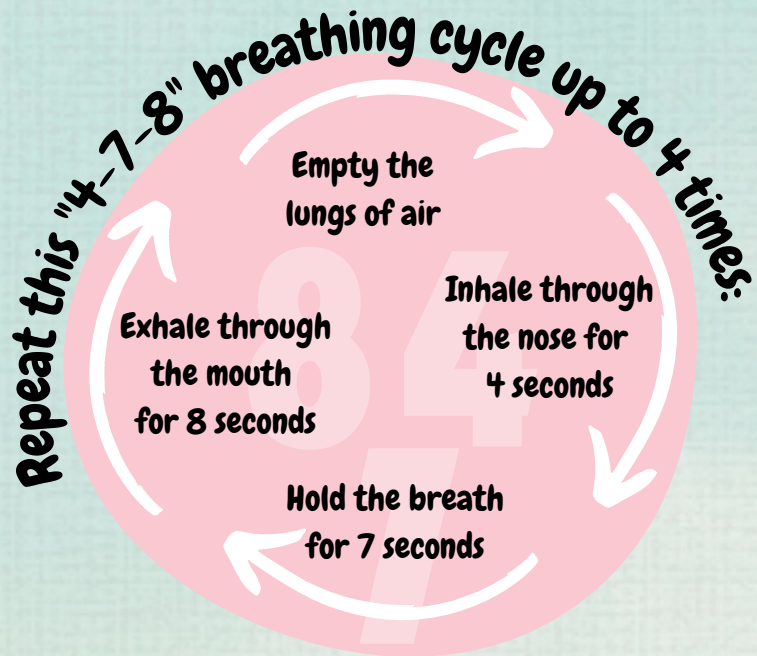
3
things I can
hear



2
things I can
smell



1
thing I can
taste



Remember to give yourself credit for what you have done, don't always focus on what you haven't done!

Soothing or uplifting **music** can lower blood pressure & heartrate



5 X 5

If something is stressing you out, think about it and ask yourself...

Will this problem matter in 5 years?

Yes

Work on a strategy to address it!

No

Don't spend more than 5 minutes worrying about it!

Allow yourself time to acknowledge the stress without dwelling on it to ensure the thought doesn't persist.

Research says...

... reading for 6 minutes daily can reduce stress levels by 68%.



... a huge yawn, complete with sound,

helps to ground and centre you, as it expands the diaphragm, helping you to assert control over the intensity of your anger by relaxing you.

... laughter feels good, lightens our mood and shifts our focus. Find things that usually make you laugh.

