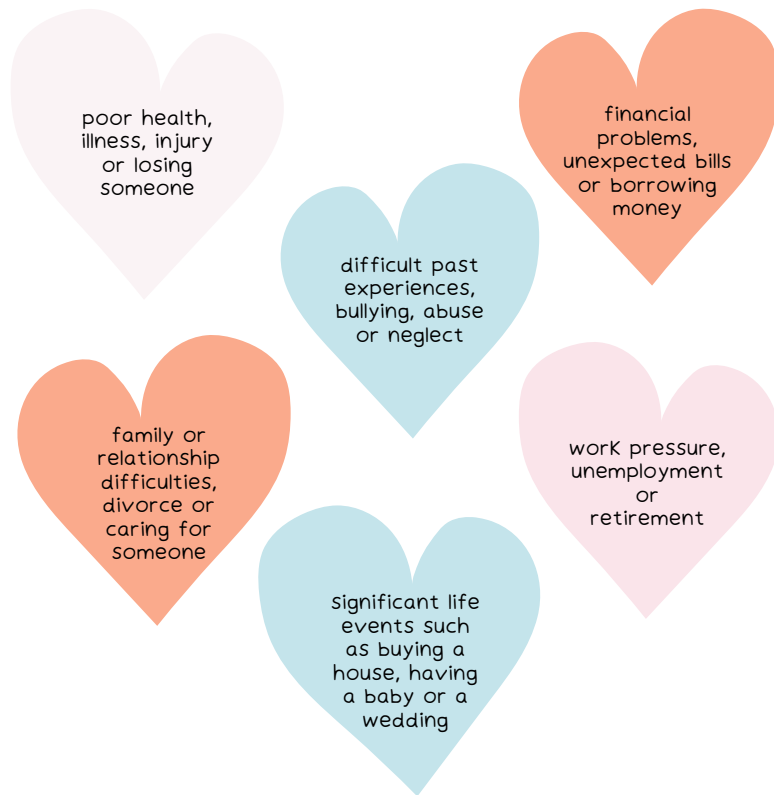
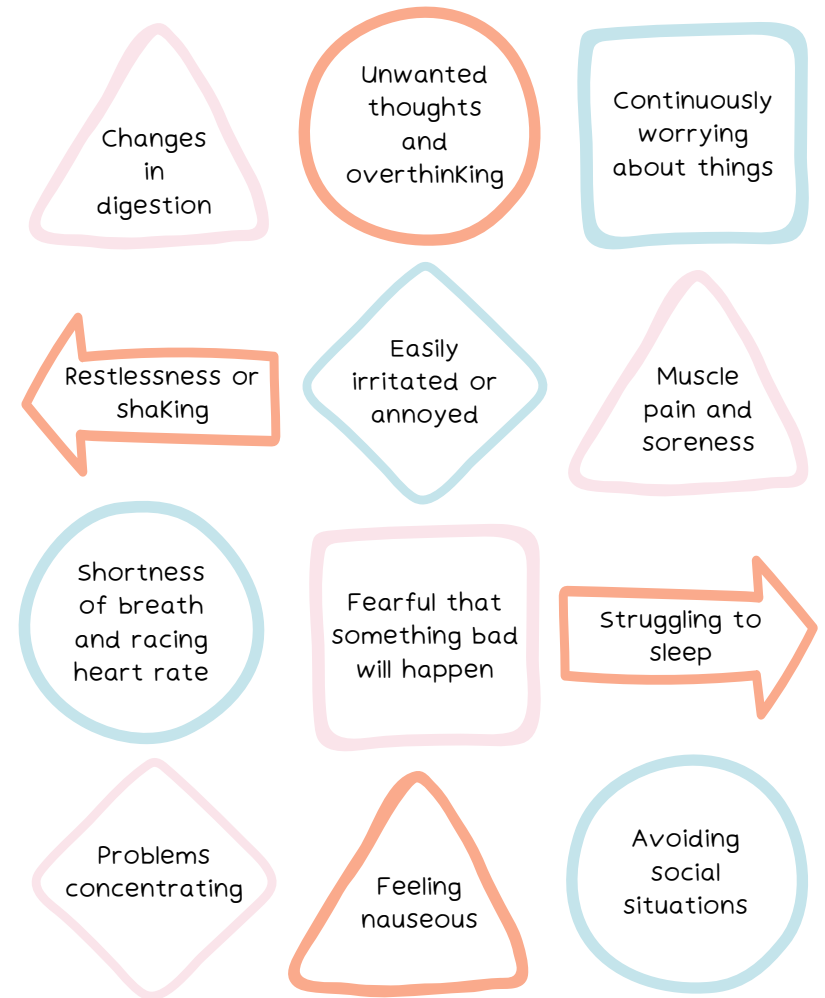


IDENTIFYING THE CAUSES OF ANXIETY



If you know what's causing anxiety, fear or panic, it might be easier to find ways to manage it.

SIGNS OF ANXIETY



ANXIETY BEHAVIOUR CHANGES



SYMPTOMS OF A PANIC ATTACK

If you experience intense anxiety and fear suddenly, it might be a panic attack. Symptoms of a panic attack can include any of the following:

- a pounding, racing heartbeat
- feeling faint, dizzy or light-headed
- feeling very hot or very cold
- a pain in your chest or abdomen
- feeling sick
- sweating, trembling or shaking
- struggling to breathe
- a tingling in your fingers or lips
- feeling like your legs are shaky or turning to jelly
- feeling that you're losing control
- feeling disconnected from your mind, body and surroundings

A panic attack usually lasts 5 to 30 minutes. They can be very frightening, but they're not dangerous and should not harm you.

4-7-8 BREATHING

The 4-7-8 breathing exercise is a natural way to sooth the nervous system.

4-7-8

Sit in a comfortable position.

Place and Keep the tip of your tongue behind your upper front teeth throughout the breathing exercise.

Exhale through your mouth, making a 'whoosh' sound.

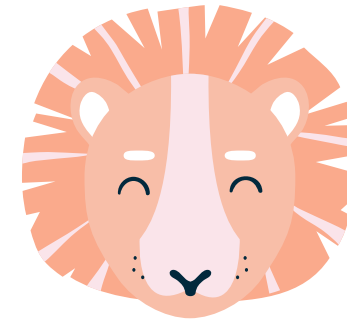
Close your mouth and inhale through your nose for a count of four.

Hold your breath for a count of seven.

Exhale through your mouth, making a 'whoosh' sound for a count of eight.

LION'S BREATH

Lion's breath (Simha Pranayama) involves sticking out your tongue and roaring like a lion and is great deep breathing practice. It can help relax the muscles in your face and jaw and alleviate stress.



Find a comfortable seated position.

Choose where to rest your gaze.

Lean forward slightly, placing your hands on your knees.

Spread your fingers as wide as you can like a lion's claws.

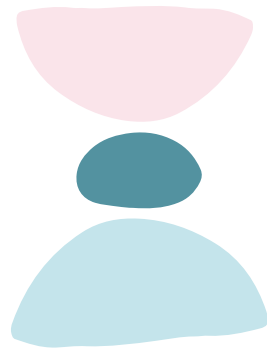
Inhale through your nose.

Open your mouth wide, stick out your tongue, and stretch it down to your chin.

Exhale forcefully and make the sound of a roaring lion.

Breathe normally for a few moments.

Repeat lion's breath four to six times.



BREATH FOCUS

When your breathing is focused, deep and slow, it can help reduce stress and anxiety.

Sit or lay in a comfortable position.

Notice how it feels when you inhale and exhale.

Notice where you feel tension in your body.

Take a slow, deep breath through your nose.

Feel your belly expanding.

As you exhale choose a word to focus on and say it out loud.

For example, use words like "peace" and "calm".

Imagine your inhale washing over you like a gentle wave.

Imagine your exhale carrying negative energy away from you.

If you get distracted, gently bring your attention back to your breath.

Use this technique for 10 minutes each day.

MINDFUL BREATHING

Mindful breathing involves focusing purely on your breathing and bringing your attention to the present moment. As you focus your mind on your breath, allow thoughts to come and go without getting caught up in them.



Find a comfortable sitting position.

Bring your attention to your breathing.

Choose a sound ("om"), or a phrase ("breathe in peace, breathe out tension") to repeat to yourself silently as you breathe.

When thoughts come into your mind, notice them and then gently bring your attention back to your breathing.

Let go and relax.



ABDOMINAL BREATHING

Abdominal breathing is a great way to reduce stress and anxiety.

Follow these steps:

Sit in a comfortable position.

Place one hand on your chest and one hand on your belly.

Inhale slowly through your nose.

Notice how your belly rises while your chest remains still.

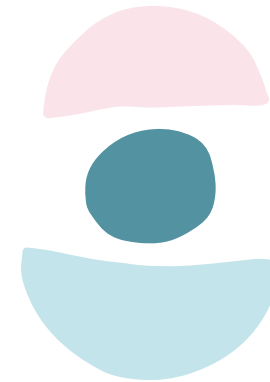
Hold for a count of three.

Then, gently exhale through your mouth.

Purse your lips, but keep your jaw relaxed.

Take another break for a few seconds. The point of these pauses is to slow down your breathing deliberately.

Repeat these steps for a few minutes as needed, until you notice that your body feels relaxed and calm.



DEEP BREATHING

This breathing exercise brings you a sense of calm which can help to alleviate your anxiety.

Sit in a chair that supports your back with both feet flat on the ground.

Let your breath flow deep down into your belly, without forcing it.

Breathe in through your nose and out through your mouth.

Breathe in gently counting steadily from 1 to 5.

Then, breathe out gently, counting from 1 to 5 again.

Repeat for 3 to 5 minutes.

ALTERNATE NOSTRIL BREATHING

Alternate nostril breathing (nadi shodhana) involves blocking one nostril as you breathe through the other, alternating between nostrils in a regular pattern.



Find a quiet place to sit.

Bring your right hand to your face and move your forefinger and middle finger out of the way.

Place your thumb on your right nostril to cover it.

Close your eyes and inhale and exhale through your left nostril.

Release your right nostril and close off your left nostril with your ring finger.

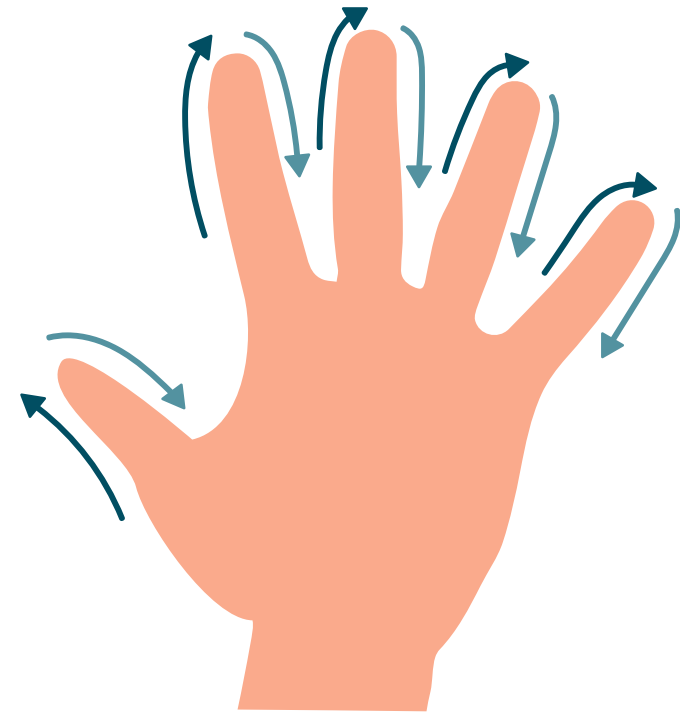
Inhale and exhale through your right nostril.

Release your ring finger and close your right nostril with your thumb again.

Inhale and exhale through your left nostril.

Repeat this breathing pattern for 10 rounds.

FINGER BREATHING



Trace around the thumb and fingers of your outstretched hand. From base of thumb to tip, inhale; from the tip of your thumb to the base on the other side, exhale. Repeat around the whole hand.

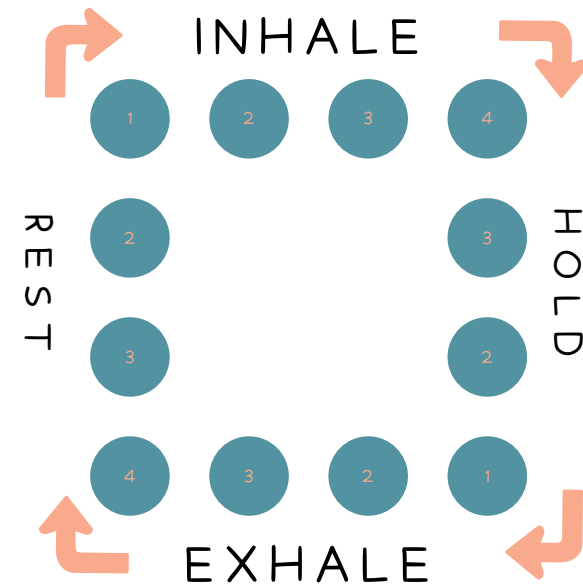
LENGTHEN THE EXHALE

Inhaling deeply does not always work to calm you down. If you take too many deep breaths too quickly, this can cause you to hyperventilate and this hyperventilation decreases the amount of oxygen-rich blood that flows to your brain. Therefore, next time you're feeling anxious, before taking a big, deep breath, try a big exhale instead.



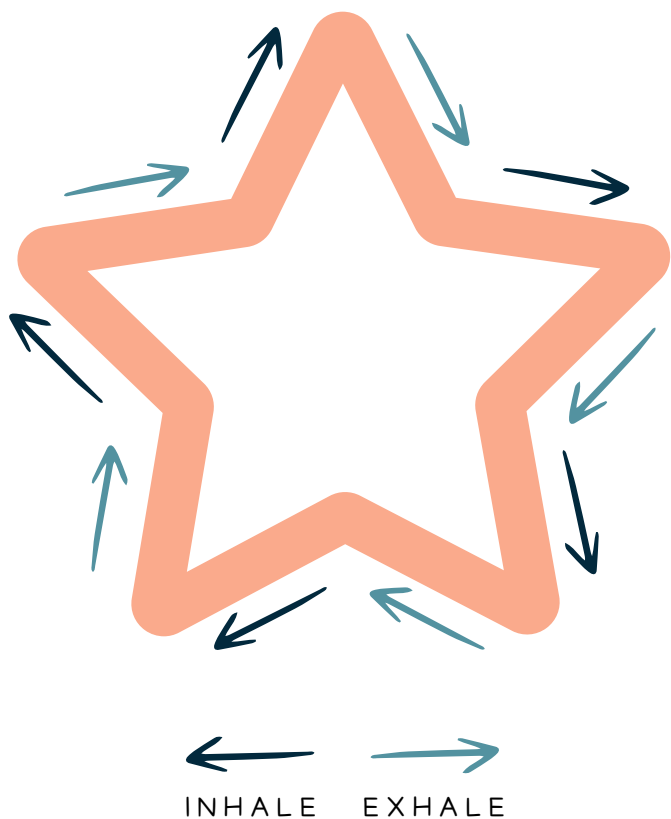
Find a position that is comfortable for you, either standing, sitting, or lying down.
Forcibly, push all the air out of your lungs, then let your lungs naturally fill up with air.
Next, inhale for a count of 4 and then exhale for a count of 6.
Repeat this for 2 to 5 minutes.

BOX BREATHING

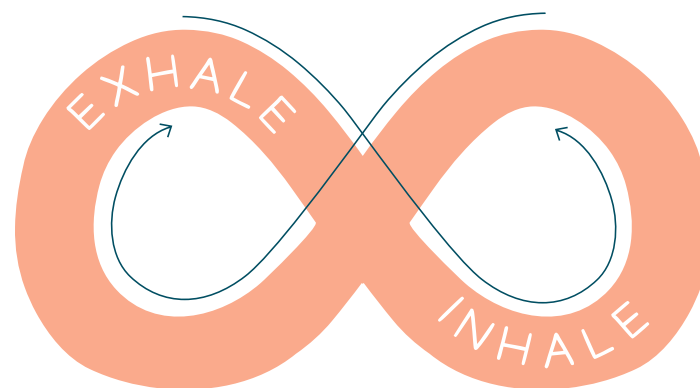


Exhale for a count of four.
Hold your lungs empty for a count of 4.
Inhale for a count of four.
Hold the air in your lungs for a count of four.
Exhale and begin the pattern again.

STAR BREATHING

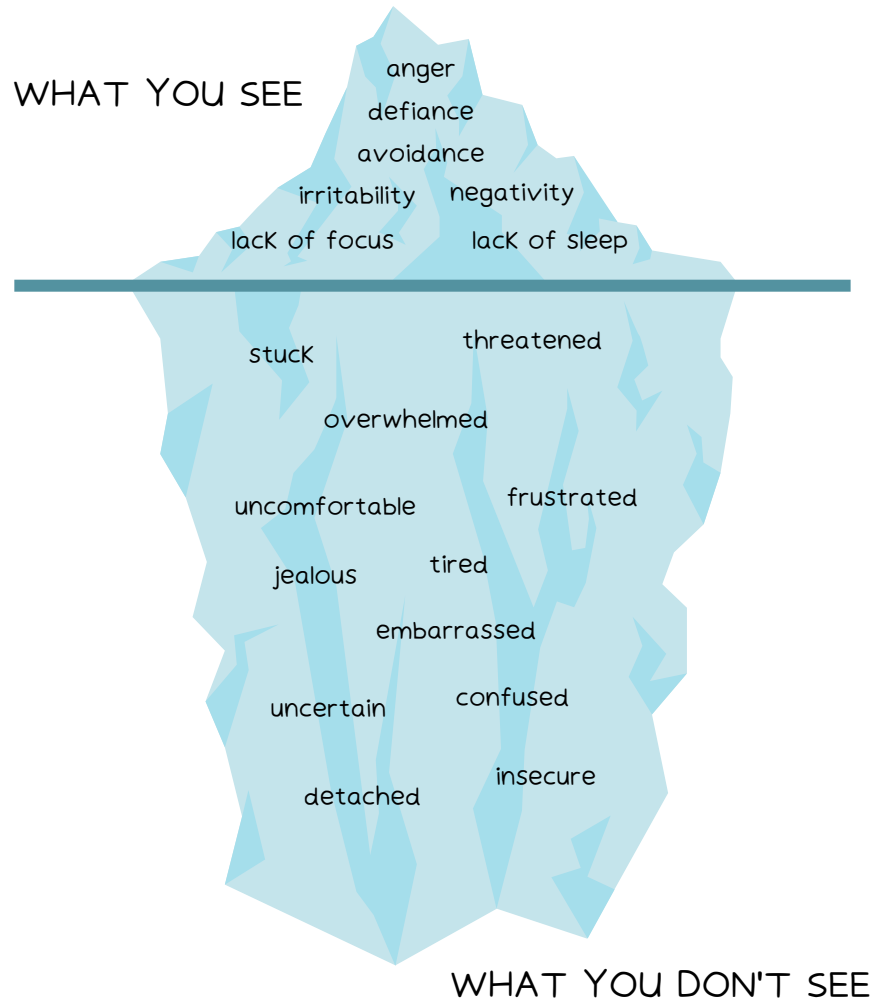


LAZY-8 BREATHING

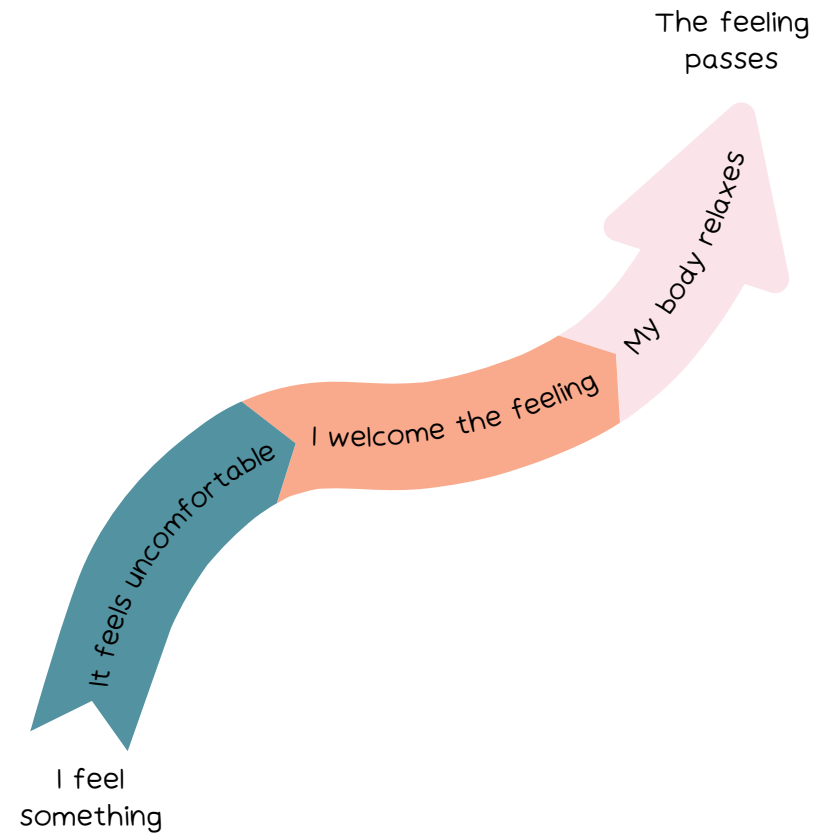


Imagine an 8 on its side.
Start in the middle and trace up the right part of the 8 while you inhale. When you reach the middle, exhale as you trace the left part of the 8

ANXIETY ICEBERG



HOW TO SIT WITH UNCOMFORTABLE FEELINGS





GET YOUR DAILY D.O.S.E

DOPAMINE

- Creating art
- Setting goals
- Having gratitude
- Self care
- Listening to music
- Finishing a task

OXYTOCIN

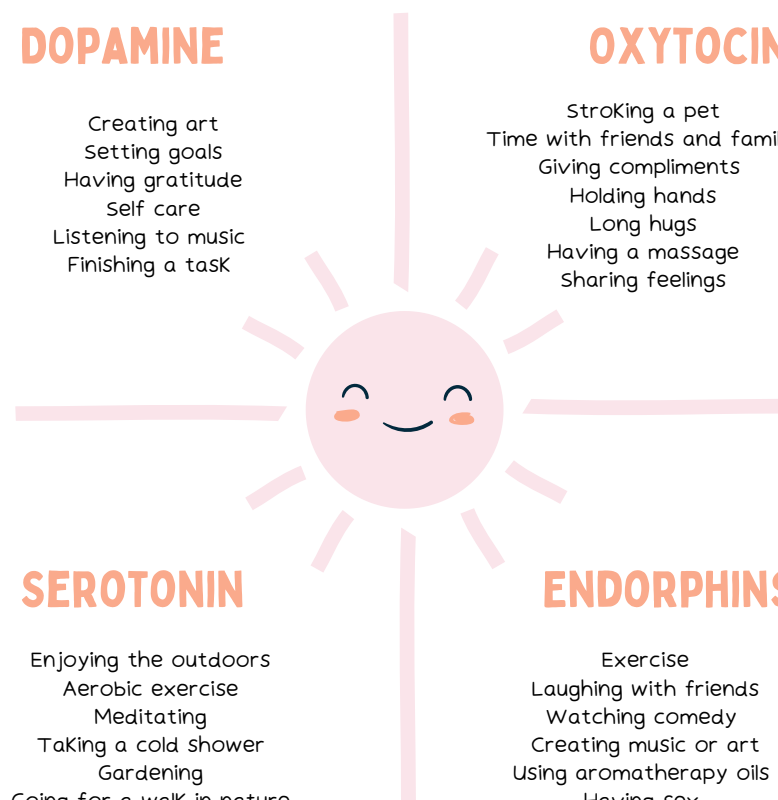
- Stroking a pet
- Time with friends and family
- Giving compliments
- Holding hands
- Long hugs
- Having a massage
- Sharing feelings

SEROTONIN

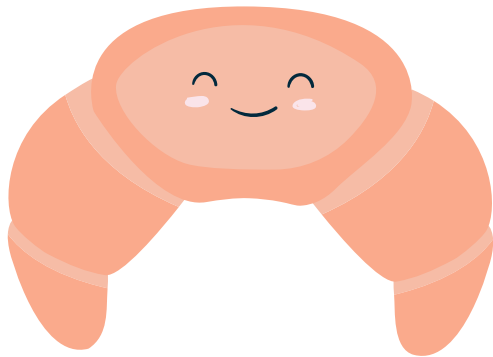
- Enjoying the outdoors
- Aerobic exercise
- Meditating
- Taking a cold shower
- Gardening
- Going for a walk in nature

ENDORPHINS

- Exercise
- Laughing with friends
- Watching comedy
- Creating music or art
- Using aromatherapy oils
- Having sex



If you're feeling overwhelmed,
grab a mindfulness SNACK.



S

STOP

Stop
whatever
you're
doing

N

NOTICE

Notice
what is
happening
around you

A

ACCEPT

Accept it
for what it
is without
judgement

C

CURIOUS

ASK
yourself
questions
about it

K

KINDNESS

Respond
to it only
with
Kindness

Source: Carla Naumburg



When you're feeling overwhelmed, remember...

R

RECOGNIZE

Recognize
what is
going on

A

ALLOW

Allow
experience to
just happen

I

INVESTIGATE

Investigate
with
Kindness

N

NATURAL

Natural awareness
away from the
experience

If you're feeling overwhelmed and anxious then...



STOP

Stop what you are doing and try not to react. Your emotions can make you react without thinking so freeze and stay in control.



TAKE A STEP BACK

Step back from the situation. Take a deep breath and try to let go.



OBSERVE

Take some time to notice what is going on around you. Notice your thoughts and feelings.



PROCEED MINDFULLY

Consider your thoughts and feelings and the situation around you. Identify the actions that will make it better or worse.

IT'S

ask for help
feel anxious
talk about it

OK

not talk about it
have a cry
say no

TO

not know everything
think about yourself
have boundaries
make mistakes

ANXIETY COPING STATEMENTS

This is a normal human emotion that everyone feels.

My mind and body are just trying to keep me safe.

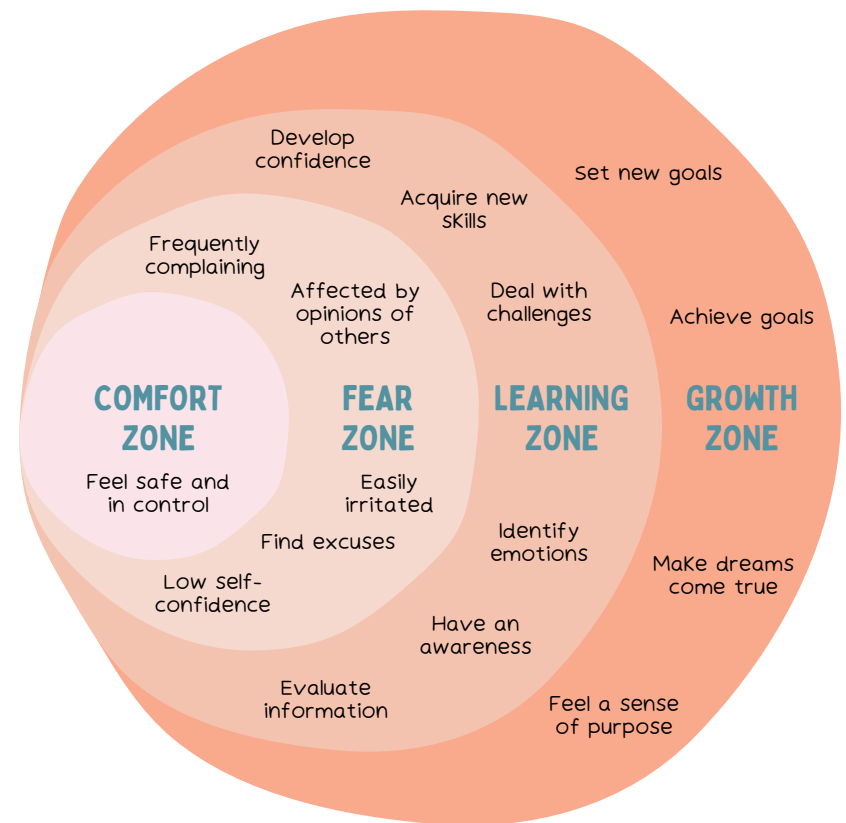
I've survived this before, and I can again.

My feelings are valid and welcome here.

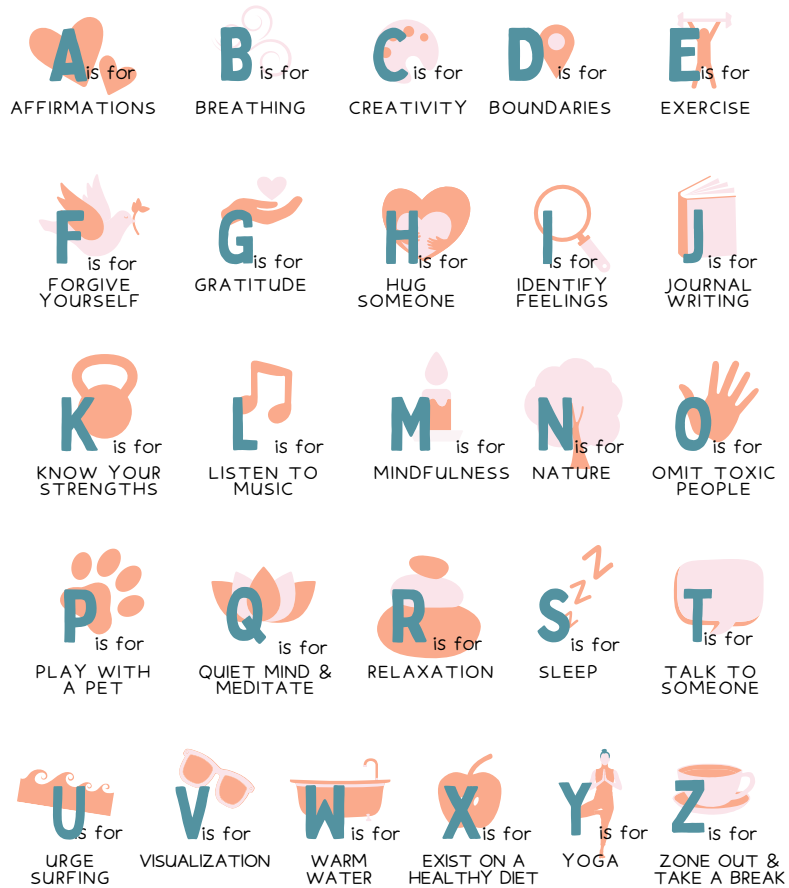
I am strong enough to cope with this.

This feeling is temporary and it will pass.

Growth happens when you step out of your comfort zone.



A TO Z OF COPING SKILLS



COPING WITH ANXIETY

I allow this feeling to be here, knowing that it will pass

My anxiety is not dangerous - it's just uncomfortable

My anxiety is a habit that I can change

I am going to stay focused in the present

My anxiety is not the boss; I am in control

This feeling is uncomfortable but normal

I can get through difficult times; I've done it before

This feeling is a reminder to slow down and breathe

COPING THOUGHTS

I am important, no matter what happens.

I need to stay strong and be kind to myself to get through this.

I know this isn't ideal, but it's not the worst thing either.

I've dealt with more challenging situations, and I know it gets better.

I know everything won't necessarily go my way, but I can be flexible.

This is tough but so am I. Everything will feel better eventually.

COPING WITH ANXIETY

DO SOME YOGA

Yoga or some gentle stretching will help you to feel better and lower anxiety/stress levels.

WRITE CREATIVELY

Creative writing and putting your thoughts on paper is a great anxiety management technique

DANCE AT HOME

Turn up the music and dance at home like no one's watching. This will quickly alleviate stress.

GO FOR A WALK

Being active and enjoying nature stimulates release of endorphins to help you feel better.

CONNECT WITH ANIMALS

Spend some time with a pet. Playing with or stroking a pet has been shown to reduce stress.

WATCH INSPIRING MOVIES

Choose an inspirational movie or documentary to watch as this can help to motivate you.

LISTEN TO MUSIC

Relax to the sounds of some music. This calming activity will reduce your stress levels

CREATE ART

Draw, paint or sculpt. The process of being creative will help lower anxiety.

COPING WITH A PANIC ATTACK

focus and slow down your breathing

acknowledge that this is a panic attack - not real danger

move to a quiet, peaceful place

relax the body section by section

use a mantra to calm your mind

ground yourself in your surroundings

Know that the panic attack will subside

check your thoughts

COUNTDOWN TO CALM



This breathing exercise helps you to focus on relaxation, making it easier for you to cope with your anxious thoughts.

Close your eyes or gaze down softly.
Take a deep breath and exhale slowly
As you exhale, repeat a mantra such as "This too shall pass,"
For the next ten breaths, slowly count down from 10 to 1 on each exhale.
As you breathe, visualize each part of your body relaxing.



Set some time aside each day and devote it to self-care. Then notice the difference this practice makes to your life.

SELF-CARE CHEAT SHEET

5

MINUTES

- Deep breathing
- Paint your nails
- Read a magazine
- Sit in the sun
- Do nothing
- Lie down
- Have a shower
- Breathe deeply

10

MINUTES

- Go for a walk
- Read a chapter of a book
- Meditate
- Write in your journal
- Write 5 things you're grateful for
- Get down and boogie
- Go cloud watching
- Eat a healthy snack

30

MINUTES

- Do some yoga
- Have a bath
- Meditate
- Go for a walk
- Call a friend
- Listen to some music
- Watch a TV show
- Watch a documentary

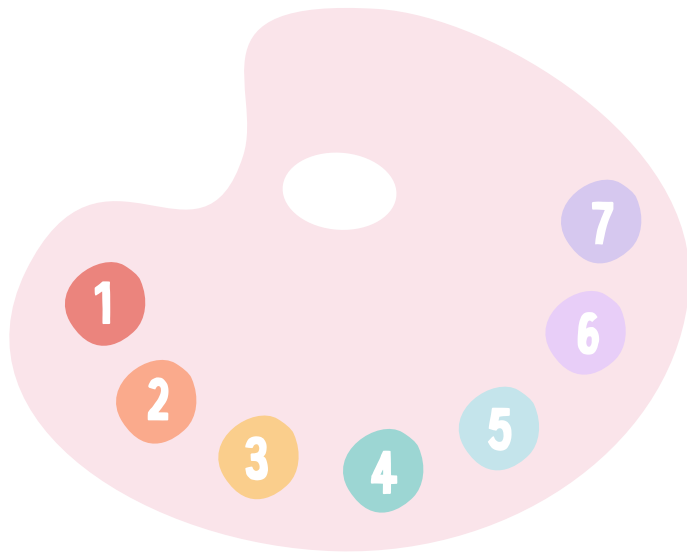
60

MINUTES

- Go for a run
- Go for a coffee with a friend
- Go out for lunch
- Take a nap
- Go to the gym
- Go for a swim
- Unplug from technology
- Do a declutter

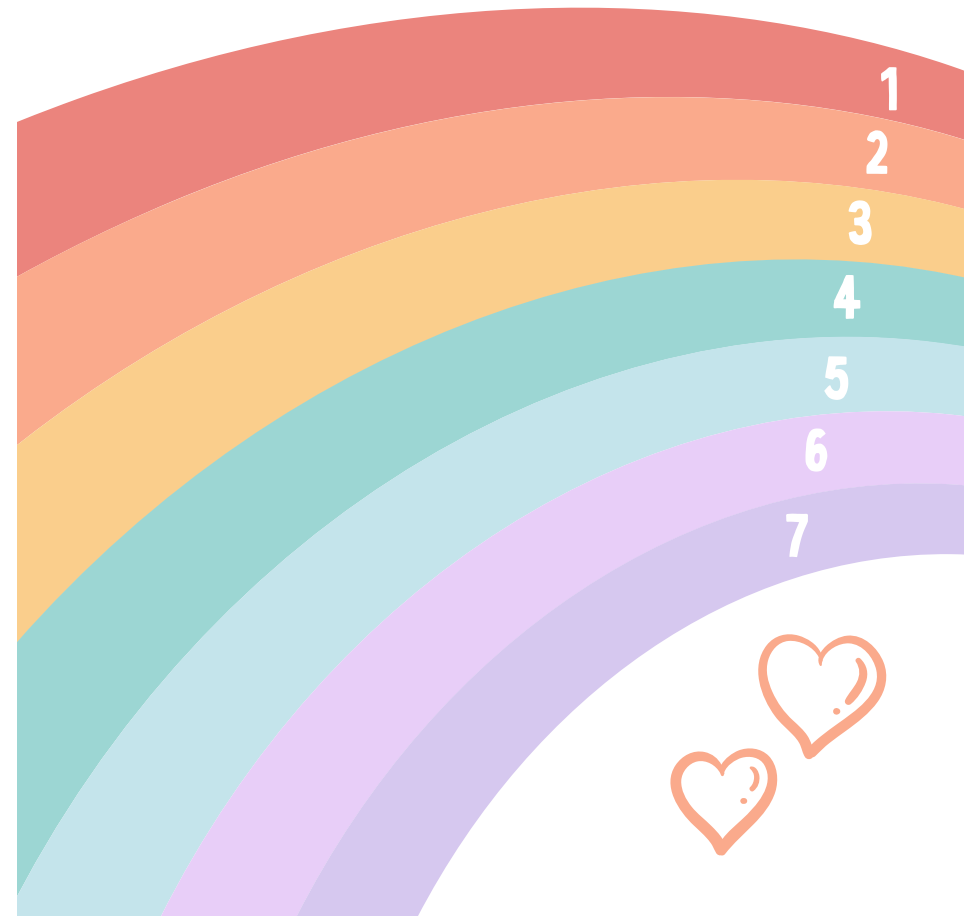
RAINBOW GROUNDING

Look around you and find the colours of the rainbow in order.

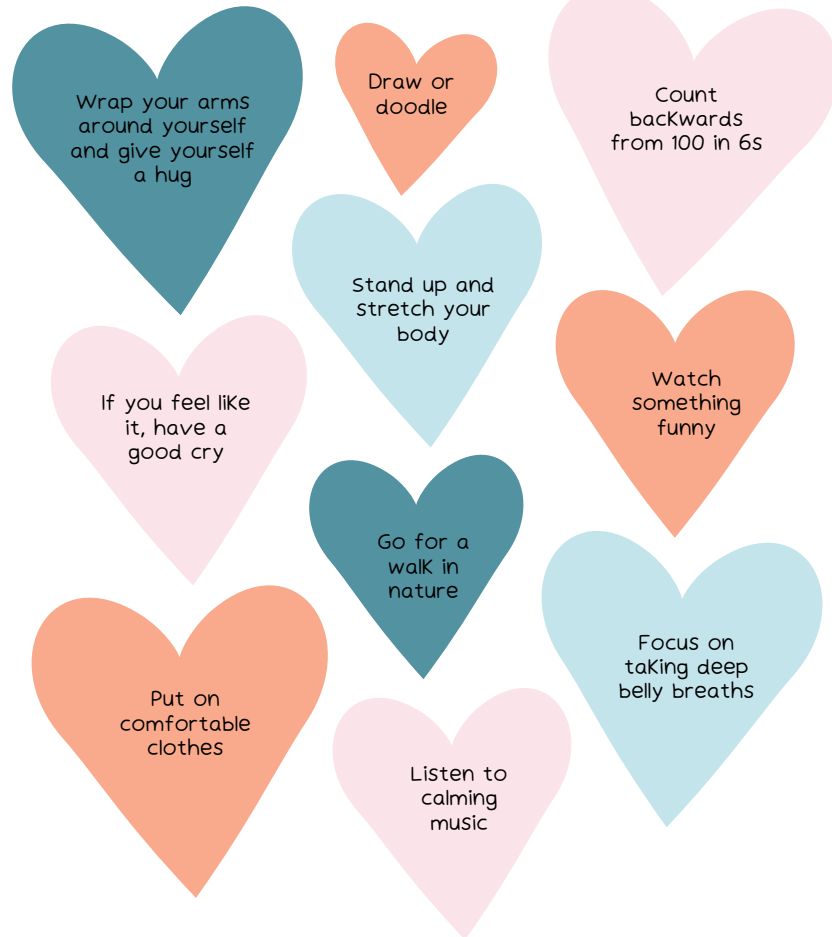


RAINBOW GROUNDING

Look around you and find the colours of the rainbow in order.



HOW TO SOOTHE YOURSELF



CHALLENGE NEGATIVE THOUGHTS

Am I making assumptions and jumping to conclusions?

What is a more positive way to think about this?

What can I do to solve this problem?

What is a more helpful thought?

What would I say to a good friend?

Will I be worrying about this in a few months?

How could I look at this differently?



VISUALIZATION



Visualization helps to focus your mind on calming and relaxing images. First, create a space free from distractions. Sit or lie in a comfortable position.

Imagine a beautiful, warm sandy beach. Hear the sounds of gentle, turquoise waves lapping at the shore. Feel the warmth of the white, soft sand under your feet. Take slow, deep breaths in time with the waves and feel the tension in your body drift away.

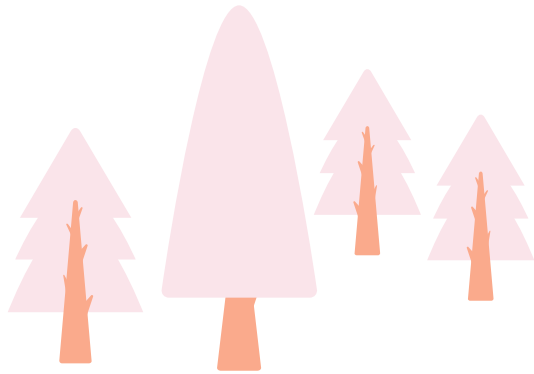
Remember that you can always return to this beautiful place whenever you need to.

WARM WATER



Use warm water to help you relax. You can take a bath, relax in a hot tub, go for a swim or enjoy a long, relaxing shower. Whatever you choose to do, the warm water will help you to destress and relax.

GO OUTSIDE



Go outside. Sit or stand and breathe the fresh air. Take a walk and notice nature all around you. Look at the sky and the clouds and notice the colours. Feel the warmth or cool of the air around you.

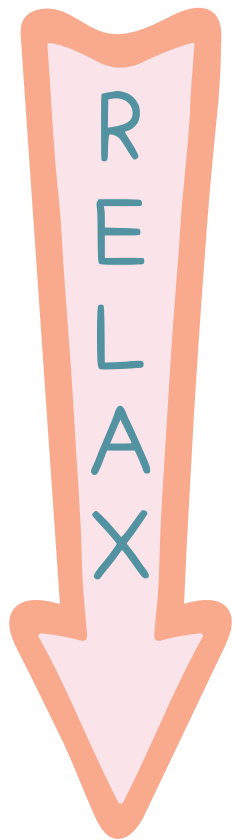
SPEND SOME TIME WITH YOUR PET



If you have a pet, spend a some time sitting with them. Look at their markings and patterns and notice how it feels when you hold them. Think about all the reasons why you love your pet.

PROGRESSIVE MUSCLE RELAXATION

Progressive muscle involves tensing and relaxing all the major body muscle groups. Throughout the exercise, keep your breathing deep and regular.



FACE: Raise your eyebrows as high as possible and wrinkle your forehead. Squeeze your eyes shut tight, clench your teeth together and squash your whole face up.

NECK: Place your chin down toward your chest and turn your head slowly to the right and then to the left.

CHEST: Take as deep a breath as possible pushing your chest out and hold it for a count of 5 then release.

SHOULDERS: Shrug your shoulders and hold for a count of 5. Then, slowly pull your shoulders back and then push your shoulders forward.

UPPER BACK: Arch your back and release.

ABDOMEN: Pull in your tummy then push it out.

HANDS & ARMS: clench both fists, squeezing them as hard as you can. Tighten both biceps and hold this tension for several seconds. Release the tension and feel your arms relax.

LEGS: Raise your right leg, tense your thigh and calf muscles, and pull your toes back toward you. Then, repeat for the left leg.

FEET: Point your toes then pull your toes toward you as far as possible.



JOURNAL

Next time you're feeling anxious, try writing in your journal. Writing down your thoughts and feelings can help to alleviate your anxiety. Additionally, reviewing your journal pages can help you examine the triggers for your anxiety.

GROUNDING TECHNIQUE

5  SEE

4  FEEL

3  HEAR

2  SMELL

1  TASTE

POSITIVE SELF TALK

I love myself
for who
I am

I deserve
love and
respect

My feelings
are
important

I am in
charge of
my choices

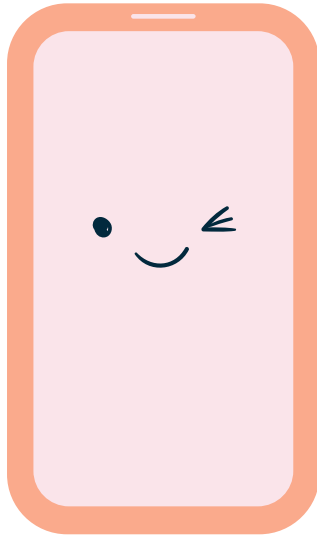
I can ask
for help if
I need it

I feel
grateful
for what I
have

I'm thankful
for my body
& what it
does for me

It's OK
for me
to say
no

I am
capable of
incredible
things



CALL A FRIEND

When you're feeling anxious or overwhelmed, reach out to a friend and have a chat. Call someone who you trust and who understands and knows you well. Choose someone who you know will lift your spirits and make you feel better. Talking to someone you trust will help you to see your issue with a new perspective and works as a great grounding technique

POSITIVE AFFIRMATION STATEMENTS



Positive affirmation statements can help you overcome negative thoughts. When you say them with feeling and truly believe in them, you can start to make positive changes. To get started, note down any recurring negative thoughts you have. Now choose an affirmation that is the opposite of that thought.

I don't need to be perfect to be worthy of love.

I have people who love and respect me.

I deserve to be appreciated.

I have everything I need to succeed.

I have valuable skills to share.

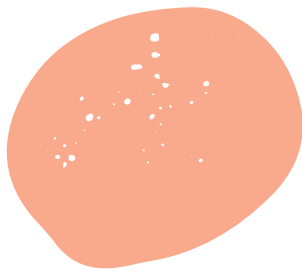
I am growing and learning every day.

I am kind and take care of others.

I have prepared well and I can give a great presentation

I am really excited to take on new challenges.

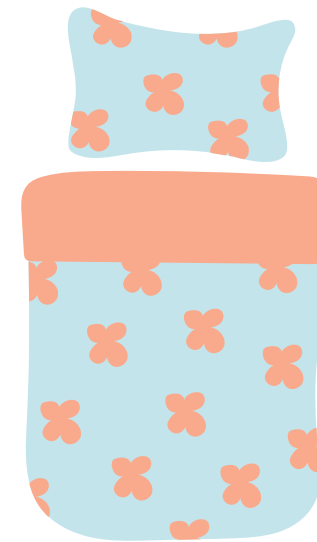
HOLD AN OBJECT



A good grounding technique to help you when you're feeling anxious is to grab an object and hold it in your hand. The object can be anything - a pebble, a pen, a glasses case - anything that is close to hand.

As you hold the object, notice how it feels in your hand. Without looking at it, focus on its texture. Try to build up a picture of its shape in your head as you move it around your hand. Describe the object to yourself.

USING A WEIGHTED BLANKET



Try resting under a weighted blanket. The weight and pressure of a weighted blanket rests your autonomic nervous system which helps to reduce the symptoms of anxiety. Additionally, the deep pressure stimulation the body receives can increase the release of the feel good neurotransmitter serotonin in the brain.

BODY AWARENESS



This body awareness grounding technique will bring you into the present moment by encouraging you to focus on the feelings and sensations in your body.

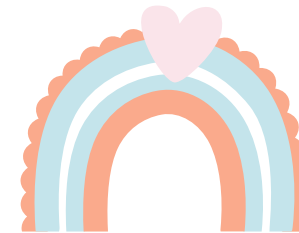
Sit comfortably with both feet flat on the floor. Take five deep breaths through your nose, and exhale through your mouth.

First, wiggle your toes. Then, curl and uncurl your toes a few times. Take some time to feel the sensations in your feet. Stamp your feet on the ground a few times. Notice how your feet and legs feel as you make contact with the ground.

Next, clench your hands into fists, then release the tension. Repeat this five times. Press your palms hard together and try to hold this pose for twenty seconds. Focus on the feeling of tension this creates in your arms and hands. Rub your palms together briskly. Notice the sound and the feeling of warmth.

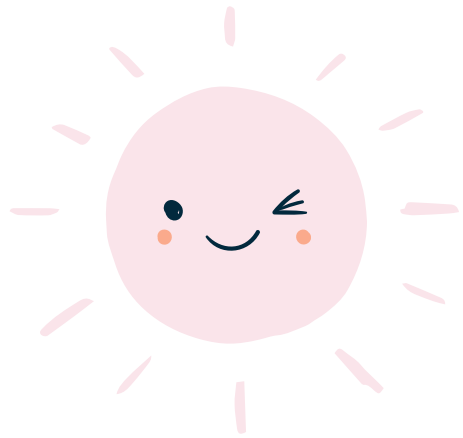
Reach your arms over your head and reach for the sky. Enjoy this stretch for a count of five then let your arms drop down and relax at your sides. Take five more deep breaths and notice the feeling of calm that now exists in your body.

SELF-KINDNESS



Treat yourself the same as you would treat a very good friend. Talk to yourself with kind, compassionate phrases such as:

"This is tough but you're strong and can cope with this."
"You're having a rough time, but you'll make it through."
"You're trying hard, and you're doing your best."



CATEGORIES

Choose one of the categories below and name as many items in that category as you can.

books

cars

colours

fruits

sports

animals

countries

tv shows

CONNECT WITH OTHER PEOPLE

Creating relationships with other people is essential for your mental wellbeing and coping with anxiety. A good relationship provides emotional support and helps you to build a sense of belonging and self-worth.



each day spend quality time with friends or family



plan an event or day out with some friends



play a game with your friends or family



at work, arrange to have lunch with a colleague



visit a friend or family member who needs support



volunteer at a local community group or hospital



stay in touch with friends and family via technology

HOW TO SOOTHE YOURSELF

Try a breathing exercise

Wrap yourself in a comfortable blanket

Visualize a calm place or memory

Create doodles of abstract shapes

Let yourself cry if you want to

Put on clean, comfortable clothes

Stand up, dance and shake your body

Lay down and stretch your body

Wrap your arms around yourself for a hug

Drink something delicious and warm

CALMING SKILLS

Breathe

Grounding Techniques

Mindfulness

Affirmations

Challenge Negative Thoughts

Visualization

Yoga

Connection

CALMING TECHNIQUES

BREATHING TECHNIQUES

Focusing on your breathing can help to calm your mind and body.

PROGRESSIVE MUSCULAR RELAXATION (PMR)

Working systematically around the body, tense muscles on the in-breath and release on the outbreath.

LARGE BILATERAL MOTOR MOVEMENTS

Open up your body, utilising both sides of the body helps to integrate the the rights side and left side of your brain. Consider crossing midline, using figure of 8 etc.

USING A BALL

Using a stress or squeeze ball, throwing a yoga ball against the wall, Kicking or bouncing a ball are all great techniques to calm your mind.

54321

5 things you can see; 4 you can feel; 3 you can hear; 2 you can smell and 1 you can taste.

USE A WEIGHTED BLANKET

The deep pressure stimulation of the body can increase the release of the feel good neurotransmitter serotonin in the brain.

VISUALISATION

Imagine going to a place you love, such a beach or a meadow.

TRACING AND BREATHING

Draw a shape on a piece of paper. As you breathe slowly in and out continue to trace the shape without lifting the pencil from the paper.

DOING EXERCISE

Exercise reduces adrenaline and cortisol (stress hormones) and increases the feel-good hormones.

WARM WATER

Taking a bath, going for a swim or relaxing in a hot tub.



The Wellness Wheel, developed by Bill Hettler, consists of 8 areas: social, intellectual, emotional, occupational, environmental, financial, spiritual, and physical. All of these are interconnected and important for a balanced lifestyle.



SOCIAL WELLNESS

You are able to connect with and relate to other people in your life.



INTELLECTUAL WELLNESS

You're able to open your mind to new ideas and experiences.



EMOTIONAL WELLNESS

You understand your feelings and cope with every day challenges.



OCCUPATIONAL WELLNESS

You get personal fulfilment from your job, career or business.



ENVIRONMENTAL WELLNESS

You understand your responsibility to the environment around you.



FINANCIAL WELLNESS

You feel balanced financially with a good relationship with money.



SPIRITUAL WELLNESS

You're in touch with your spiritual side and have peace in your life.



PHYSICAL WELLNESS

You maintain a healthy life with enough sleep and little stress.

THE HEALTHY MIND PLATTER



Source: D. Rock and D. Siegel, 2011

GROWTH MINDSET



FIXED MINDSET

I got it all wrong.

I made a mistake.

I'm not good at this.

This is not good enough.

This is too hard.

I don't understand this.

This is impossible.

I can't do this.



GROWTH MINDSET

I'm on the right track.

Mistakes help me learn.

How else can I do this?

I know I can improve this.

This is going to take effort.

I need more practice.

I love a challenge.

I'll use some strategies.

SELF-CARE IDEAS



MY SELF CARE ROUTINE

MORNING

- gratitude
- affirmations
- journal writing
- shower
- breakfast

DAILY

- one task at a time
- be present and mindful
- drink water
- eat healthily
- exercise

NIGHT

- skin care routine
- warm bath or shower
- gratitude
- limit screen time

COPING STRATEGIES

- stretching or yoga
- meditation
- listen to music

- do something creative
- read a book
- go for a walk outside

MENTAL HEALTH CHECK IN

How are you feeling today, physically and mentally?

Is there anything worrying you today?

How have you been sleeping?

What makes you feel grateful today?

What exercise have you done recently?

What is your water intake and what was your last meal?

What have you done that made you feel good today?

What can you do today that's good for you?

What are you looking forward to today?

What is something you'll do with a friend today?

TYPES OF SELF-CARE

PHYSICAL SELF-CARE

Taking care of our physical fitness and our bodies is a major part of self-care. This should be something you enjoy and look forward to such as going for a bike ride, eating healthily or exercising at the gym.

EMOTIONAL SELF-CARE

Emotional self-care is about being in tune with your emotions. It involves learning about your triggers; recognizing emotions when they arise and knowing ways to cope with them.

SOCIAL SELF-CARE

Social self-care means making connections with others such as spending time with family and friends, having conversations with people and engaging in activities with others.

INTELLECTUAL SELF-CARE

Intellectual self-care means doing something that challenges your mind and grows your knowledge. Learning something new, reading or watching a documentary can all be forms of intellectual self-care.

SENSORY SELF-CARE

Sensory self-care involves using your senses to nourish your mind and body and reduce stress. Examples are listening to music, lighting a scented candle, or eating a delicious treat.

SPIRITUAL SELF-CARE

Spiritual self-care involves nourishing your soul and is not necessarily religious. It is about maintaining an inner peace and finding purpose and meaning in your life.

SELF-CARE CHECK-IN

How am I feeling?

What are my needs right now?

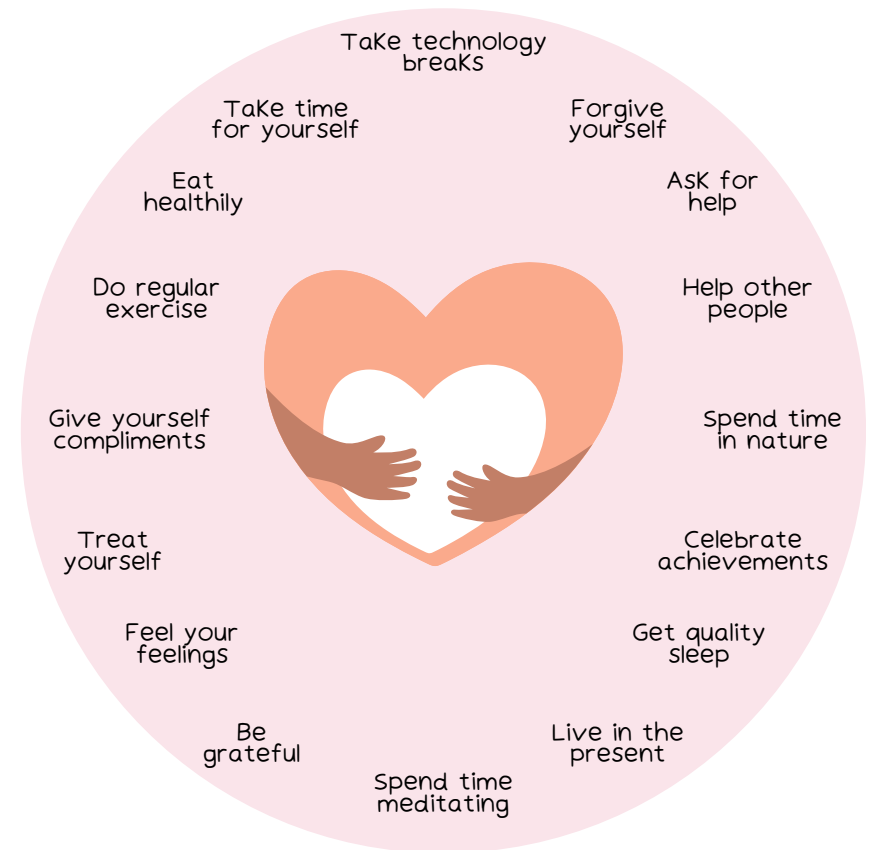
What makes me grateful today?

What do I want to accomplish today?

What actions can I take to feel good?

What negativity can I cut from my day?

HOW TO BE KIND TO YOURSELF





SELF-CARE MENU

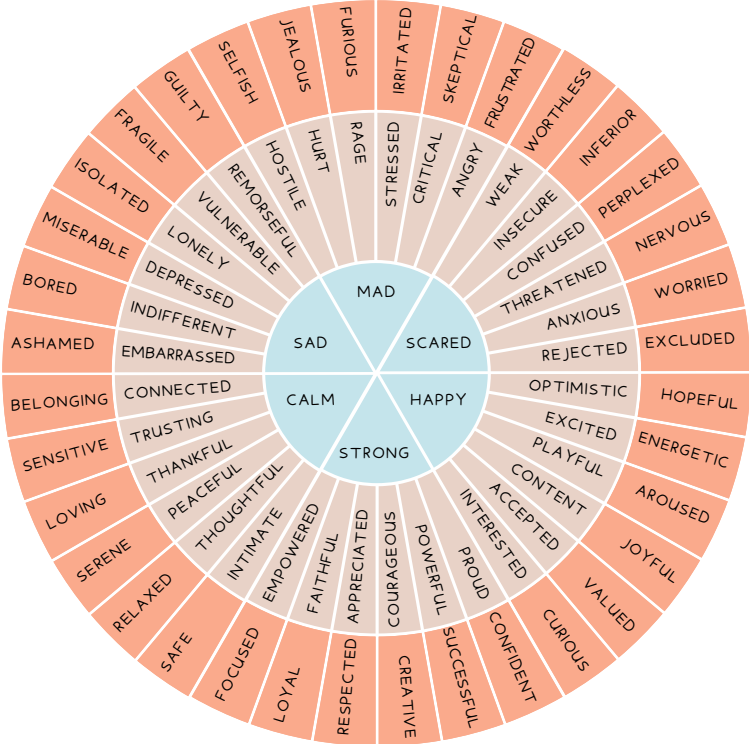
Deep belly breathing	5 mins
Write 3 things for which you're grateful	5 mins
Take a warm bath or shower	5 mins
Have some quiet time	10 mins
Tidy your space	10 mins
Get active - dance, run, walk	20 mins
Do something creative	30 mins
Stretch or do yoga	30 mins
Listen to music	30 mins
Put your phone down	60 mins
Take a nap	60 mins
Go outside for fresh air	60 mins

60 IDEAS FOR SELF-CARE

- buy a gift
- breathe deeply
- use your senses
- aromatherapy
- have sex
- remember your why
- use an affirmation
- forgive yourself
- go for a picnic
- go wild swimming
- stroke a pet
- bake a cake
- create something
- do a hobby
- exercise
- go on mini vacation
- eat healthily
- read a book
- get enough sleep
- take naps
- learn something new
- brush teeth
- take a bath
- shower
- go to the dentist
- go to the optician
- do puzzles
- go to the doctor
- get some sunshine
- deep breathing
- watch sunsets
- laugh and cry
- take a walk
- make a gratitude list
- medical health
- stretch
- meditate
- do yoga
- draw
- play a game
- listen to music
- write in a journal
- sing a song
- dance
- play an instrument
- exercise
- make plans with a friend
- meet someone new
- watch a movie
- spend time in nature
- ask for help
- try a new recipe
- talk about your feelings
- self-reflection
- talk with a therapist
- visit a gallery
- take time off
- volunteer
- travel
- drink water

THE EMOTIONS WHEEL

Robert Plutchik



MASLOW'S HIERARCHY OF NEEDS

