



MANAGING ANXIETY

Tips and information

Why is this relevant to me?

The most recent National Survey of Mental Health and Wellbeing found the following:



It is common when diagnosed with anxiety

Although anxiety can be an unpleasant state, it can be quite useful in helping people to detect threat and avoid dangerous situations (The Fight/Flight response).

Anxiety is useful to motivate the solving of every day problems and can be useful when you are challenged, assisting alertness, focus and concentration. So mild to moderate

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Tips and information

1. Accept anxiety is a normal experience

Anxiety can alert us to potential threats and can assist us to meet challenges. It is our body's natural response to stress. Ask yourself if your anxiety is justified.

2. Identify your triggers and learn to manage them using coping skills

You may be able to do this alone or may need assistance from a counsellor/health professional.

3. Become aware of how you are breathing

Anxiety tends to make the breath short, rapid and shallow as though you are under threat. If you are not under threat, invite your breathing to become deeper and activate a physical sense of calm by trying coherent breathing - breathe in for a count of six and breathe out for a count of six. Regularly check how you are breathing.

4. Notice your thoughts and feelings