

## 10 TOP TIPS FOR COPING WITH ANXIETY

1. Take three slow breaths. This helps to regulate your breathing and helps us to remain calm.



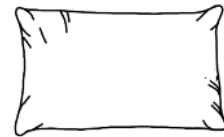
2. Write a list of your worries, or a to-do list. Put your stress into perspective. Slowly look through them, but don't force yourself to do anything quickly, or anything at all. Sometimes just writing down how you feel can help. You can even make a wondering jar.



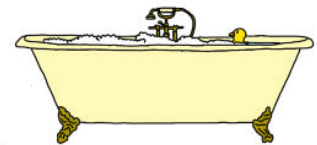
3. Write a list of words, to describe what you are feeling, this helps you to tell others how you feel! Your words don't have to make sense and they can't be wrong, it's how you feel, no-one else.



4. Touch something soft, like your fave jumper, your pet, a soft blanket or pillow.



5. Have a bubble bath or shower, this can be soothing.



6. Put your headphones on and listen to some good music.



7. Try to learn something new, focusing on the new thing will help shift your thoughts.



8. Do an activity that completely absorbs you, try something creative. where you can let your mind refocus.



9. Read a good book, let your imagination take you somewhere else!



10. Create a happy/ safe place, either somewhere you can go in your head (imagine what it looks like, what you can see, hear, smell, touch and taste, and how you feel) or make a space at home, where you can go to help calm yourself. Remember to include all the things in your space that make you feel calm and relaxed.

