

- Talk to someone you trust
 - Talking to someone you trust about what's making you anxious could be a relief. It may be that just having someone listen to you and show they care can help in itself.
 - If you are unable to open up to someone close to you, the Samaritans (116 123) and Anxiety UK (03444 775774) both run helplines that you can call to talk to someone.
- Try to manage your worries
 - Anxiety can make it very difficult to stop worrying.
 - You may have worries you can't control or you might feel like you need to keep worrying because it feels useful – or that bad things might happen if you stop.
 - It can be helpful to try different ways of addressing these worries.
 - You could:
 - (1) Set aside a specific time to focus on your worries so you can reassure yourself you haven't forgotten to think about them. Some people find it helps to set a timer.
 - (2) Write down your worries and keep them in a particular place. You could write them in a notebook, or on pieces of paper you put in an envelope or jar.
 - (3) Try this quick exercise
 - a) Look around you
 - b) Find 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste

This is called grounding and it may help when you feel like you have lost control of your surroundings.
- Look after your physical health.
 - Try to get enough sleep as sleep can give you the energy to cope with difficult feelings and experiences.
 - Think about your diet as eating regularly and keeping your blood sugar stable can make a difference to your mood and energy levels.
 - Try to do some physical activity as exercise can be really helpful for your mental wellbeing.
 - Try breathing exercises as breathing exercises can help you cope and feel more in control. The NHS also has some tips on breathing exercises for stress.
- Mindfulness is a way of giving your full attention to the present moment. Some people find mindfulness helpful for coping with certain anxiety disorders.
- Keep a diary as it might help to make a note of what happens when you get anxious or have a panic attack. This could help you spot patterns in what triggers these experiences for you or notice early signs that they are beginning to happen. You could also make a note of what's going well.
- Living with anxiety can mean you think a lot about things that worry you or are hard to do. It's important to be kind to yourself and notice the good things such as 'glimmers' which are the small things in life which make you happy such as a sunset, a smile and listening to rain.

- Try peer support as this brings together people who have had similar experiences to support each other. Many people find it helps them to share ideas about how to stay well, connect with others and feel less alone.
- Complementary and alternative therapies may help you to manage your anxiety:
 - There are many types that you can try to see what works for you.
 - These include yoga, meditation, aromatherapy, massage, reflexology, herbal treatments and hypnotherapy.
 - Some people find that one or more of these methods can help them to relax or sleep better. Many chemists and health shops stock different remedies and should be able to offer advice.
- Self-help resources may be found through a variety of resources workbooks:
 - Your GP may recommend particular titles from a scheme called Reading Well, which offers books on Prescription. This scheme is supported by most local libraries, with books available for no cost and without a prescription from a doctor.
 - The NHS apps library may also help you to find an app that may work for you.
- Talking therapies may be offered by a doctor if other self help resources have been tried and proved unsuccessful.



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