

Our Top 4 Tips...



...if you are feeling anxious or worried right now

There are a lot of things going on in the world and in your life that might be making you feel worried or anxious about the future.

The exercises below will help you to calm those feelings down:

1 Breathe easy:

Close your eyes.

Take a lovely slow, deep breath in through your nose.

Hold the breath for the count of two and then really slowly breathe it back out.

Repeat that as many times as you feel the need to, until you feel your body and mind relaxing.

2 Be in the moment:

Ask yourself if what you are worried about is actually happening right now.

Anxiety very often appears when we are thinking about things that **might** happen in the future. That doesn't mean those things **will** actually happen.

So ask yourself, is this actually happening right now? If not, where am I right now and what am I actually doing right now? Rooting yourself in the present moment will help to calm those feelings down.

3 Get active:

Pick an activity and focus all your attention on doing it.

It might be drawing or painting, it might be reading or playing a game.

Move all of your attention away from whatever it is you're worrying about and on to something you enjoy instead, it will have the effect of rooting you in the present moment again instead of in those future worries.

4 Express yourself:

Allow yourself to express those worries.

Get them out of your mind by talking to someone you trust or by writing them down for yourself.

Expressing your worries can help to release them, and talking to someone else allows them to reassure you that you are safe.