



## Signs of Anxiety

- ♦ Racing heart
- ♦ Breathing quickens
- ♦ Feeling hot
- ♦ Sweating
- ♦ Tension in our muscles
- ♦ Blurring vision

We each have our own early warning signs of anxiety. We might notice anxious thoughts in our minds and physical feelings of anxiety in our bodies. This can feel really uncomfortable when we don't need to manage real danger.



## Managing Anxiety

- ♦ Use the excess energy by going for a walk or doing exercise.
- ♦ Count backwards from 1000 in multiples, for example 7.
- ♦ Focus on your breathing, for example, how it feels to breathe in and out. Imagine breathing in one colour and out another colour.
- ♦ Visualise being in a pleasant, safe and comfortable environment (e.g. being on a beach). There is a useful page to guide you through this here <https://www.getselfhelp.co.uk/imagery.htm>
- ♦ Listen to your favourite music. Try to pick out all the different instruments and sounds that you can hear.
- ♦ Count things that you can see that begin with a particular letter. Or think about a few items beginning with the letter "B", then move on through the alphabet.