



ANXIETY

Anxiety is a very important part of our survival response, letting us know when we are in physical or social danger (such as social exclusion). It only becomes problematic if your body activates this response when there is no threat to your survival. In that case, it is possible that you are responding with anxiety to something that feels similar to situations that felt dangerous in the past.



SELF-HELP FOR ANXIETY

When anxious, you may feel tense in your body, have trouble breathing, or get butterflies in your stomach. These are signs that your body is tensing up to fight or run away from the danger it has perceived.

Try:

- Slow, deep breathing to calm the body and turn off the survival response
- Stretching the body to release muscle tension
- Calming activities like cuddling a pet or speaking to friends

Your anxious mind may say “Something is wrong” or “I can’t cope” when you’re trying to get some work done. It may even tell you that people will judge you or leave you if you don’t do everything perfectly. These are some common anxious thoughts.

Try:

- Some calming, helpful thoughts like “I’ve coped before, I can do it now”
- Mindfully, without judgement, noticing thoughts without ‘buying into’ them

