



quick tips and strategies for managing anxiety

Anxiety can manifest in various situations, impacting our daily lives. Here are quick and practical tips to help you navigate anxiety in specific scenarios:

workplace anxiety:

Mindful Breathing: Take short breaks for mindful breathing exercises. Inhale for a count of four, hold for two, and exhale for six.

Prioritise Tasks: Break down tasks into smaller, manageable steps. Prioritise and focus on one task at a time to reduce overwhelm.

Positive Affirmations: Create a list of positive affirmations related to your work. Repeat them silently when anxiety surfaces.

Posture Check: Pay attention to your posture. Sit up straight, take deep breaths, and visualise a sense of calmness.

social anxiety:

Arrive Early: Arrive at social events a bit early. It gives you time to adjust to the environment before it becomes crowded.

Focus on the Present: If overwhelmed, ground yourself by focusing on the present moment. Identify three things you can see, hear, and touch.

Have an Exit Plan: Plan a "time-out" strategy. It could be stepping outside for a few minutes or finding a quiet corner to regroup.

Set Realistic Expectations: Release the pressure to be perfect. Set realistic expectations for social interactions, and remember that it's okay to be yourself.

bedtime anxiety:

Establish a Routine: Create a calming bedtime routine. This could include reading a book, practicing gentle stretches, or listening to soothing music.

Limit Screen Time: Avoid screens at least 30 minutes before bedtime. The blue light can interfere with melatonin production, affecting sleep.

Journaling Before Bed: Write down any racing thoughts or worries before bedtime. It helps clear the mind and promotes a sense of closure.

Progressive Muscle Relaxation: Tense and release each muscle group, starting from your toes to your head. Focus on releasing tension as you exhale.

general anxiety tips:

Deep Belly Breathing: Practice deep belly breathing throughout the day to calm the nervous system.

Self-Compassion Break: When anxious thoughts arise, pause and say to yourself, "This is a moment of suffering. May I be kind to myself."

Gratitude Journal: Keep a gratitude journal. Reflect on three things you're grateful for daily to shift focus to positive aspects of life.

Connect with Support: Reach out to a trusted friend or family member. Sharing your feelings can provide relief and support.



anxiety isn't you. it's
something moving through
you. it can leave out the same
door it came in.