

# 4 Ways to help manage Anxiety

## Plan your daily priority list

When life is changing rapidly around us and we feel all our normal certainties are lost, it can be very helpful to spend a few moments to take a step back. Write down the key things you are worrying about. Label each item as urgent, important or can wait until tomorrow. Plan out what actions can be done today to move those positively forward. Schedule other important work over the coming week. After this task you will have an immediate and long-term action plan to ground you in the here and now!

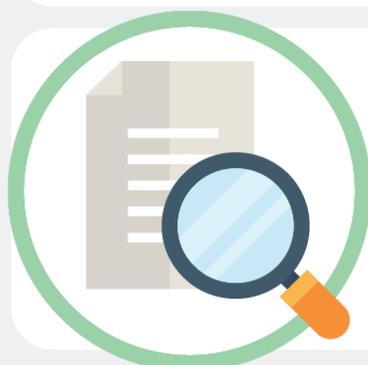


## We are all human

Human beings have evolved a clever stress response system to look out for and respond to dangers around us. The aim is to spot danger and to take evasive action to avoid it. More than ever, it's important to remind ourselves that we are all human, and it's OK to feel worried, anxious and stressed. Just remember to practice helpful techniques which will contribute to managing your feelings and emotions.

## Stress Response System

A stress response is both physiological and psychological. We tend to see a threat and our body responds immediately by sending out hormonal messages, which gear our body into fight, flight or freeze. Taking proactive action to slow down the physiological reaction can be invaluable using various techniques - such as mindfulness, deep breathing, physical exercise, keeping a journal and regularly chatting to family and friends - can all contribute to working off stress hormones.



## Reality Check-ins

In times of change, it is critical to keep up a regular practice of a 'reality-check'. It is common for people to think the worst is going to happen, as humans are hard-wired to focus on the negative, as this keeps us safe. Try to focus on positive or practical mental energies and on what can be achieved to reduce your anxiety levels.