

MINDFUL HAND

VISUALISATION

Imagine going to a happy place that will calm you.

DISTRACTION

Find an activity that helps distract you from feelings of anxiety. These activities are personal to you and are things that you enjoy doing.

MINDFULNESS

Sitting quietly for 10 minutes; being mindful while doing an everyday task; having reassuring phrases to hand to repeat; shifting focus to breathing; focusing on the environment around you; and looking at the view out of the window.

GUIDED RELAXATION

Listen to guided relaxations on CDs/online/Apps. These will help you through a guided relaxation and help calm you physically and emotionally.

ANXIETY DIARY

Get out your anxiety diary and write down how you are feeling – what is on your mind, what is worrying you, how you are feeling emotionally and physically. You can reflect on the diary when you are feeling better and look at ways to break your anxiety cycle in the future.

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