

## Top Tips to cope with Anxiety

**As the COVID-19 situation progresses it is to be expected that you may feel anxious during times of such uncertainty. Here's some top tips to help manage anxiety effectively -**

### **Understand your anxiety**

Try keeping a diary of what you are doing and how you feel at different times to help identify what's worrying you and what you can do about it.

### **Challenge your anxious thoughts**

Tackling unhelpful thoughts is one of the best things we can do to feel less anxious and manage any ongoing anxiety.

### **Make time for “worries”**

If your worry feels overwhelming and takes over your day, put aside time for “worry time” to go through your concerns each day.

### **Shift your focus**

Some people find relaxation, massage, exercise, mindfulness or breathing exercises helpful. They reduce tension and focus our awareness on the present moment.

### **Face the things you want to and try to avoid**

It's easy to avoid situations, or rely on habits that make us feel safer, but these can keep anxiety going. By slowly addressing your concerns, and considering the skills you have to help you through difficult situations your anxious feelings will gradually reduce and you will begin to see that even the most difficult situation can be tackled given the right mind-set, support and belief in yourself.

### **Get to grips with the issues causing concern**

When you're feeling stressed or anxious, it can help to use a problem-solving technique to identify some solutions. This can make the challenges you're facing feel more manageable. Use all the skills you already have and consider what additional skills you may need.