



Strategies to support with managing anxieties



Anxieties are a response to what happens in our environment and what we experience



It is our body's way of preparing us to be more alert



Events which might make us feel anxious:



Changes in support staff



Appointments



Moving



When those we care about being unwell



When I drop something



If something unexpected happens



When you feel anxious you may have some physical symptoms:

Feeling hot or
sweaty

Feeling scared or
nervous

Feeling tense /
tense muscles

'Butterflies' in the
stomach

Difficulties sleeping

Feeling dizzy

Short tempered /
getting cross easily

Feeling you want to
run away or hide

Shortness of breath

Being tired often

Less energy for
doing things





There are lots of strategies we can use to help when we feel anxious:



Be aware of thoughts and feelings



Write a daily thoughts diary



Talk to someone you trust



Give yourself time to think about your worries/postpone them



Count to 10



Take 5 deep breaths



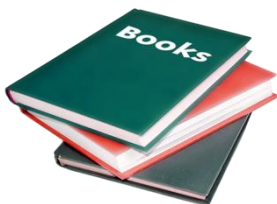
30 minutes of exercise (walk, jog etc.)



Listen to music



Listen to relaxation CD or mindfulness



Read a magazine or book



Spend time with others



Finally:



Think about the positive things



Never avoid things