Coping with Anxiety

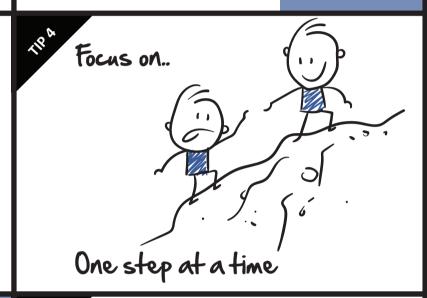
HEALTH & SOCIAL CARE MORAY



Recognise anxiety
in yourself
and
others

Overthinking
Memory Issues
Avoidance
Sweating
Stomach Issues
Panic attacks
Lack of patience
Procrastination
Headaches
Trouble concentrating
Trouble breathing
Insomnia
Rapid heartbeat







Eating & Drinking Well

Exercising

Sleeping Well

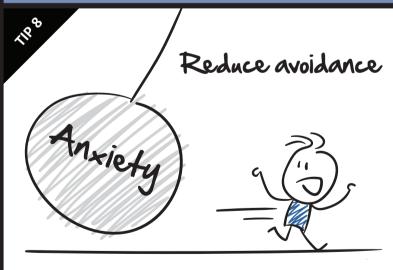
Connecting with others

Notice what makes you anxious



ANXIETYTRIGGERSANXIETYTRIGGERSANXIETY





Explore what helps and build on strengths



VIB JO

MINDFULNESS

is paying attention to the present moment, without judgement

