

Coping with Anxiety



TIP 1
Understand why we experience anxiety

TIP 2
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

TIP 3
Talk to someone you trust

TIP 4
Focus on...
One step at a time

TIP 5
Consider your general health & well being

- Eating & Drinking Well
- Exercising
- Sleeping Well
- Relaxing
- Connecting with others

TIP 6
Notice what makes you anxious

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TIP 7
Challenge your automatic anxious thoughts

TIP 8
Reduce avoidance

TIP 9
Explore what helps and build on strengths

TIP 10
Be mindful

MINDFULNESS is paying attention to the present moment, without judgement

10 Top Tips for Young People