

TIP 9

Explore what helps
and build on
strengths



Positive thinking Relaxation Hobbies Socialising Health

TIP 10

MINDFULNESS
is paying
attention to
the present
moment,
without
judgement

Be mindful



Relaxation and Mindfulness Apps:



Websites for more information:



www.stressandanxietyintennagers.co.uk

1) Things that make me anxious are

.....

.....

.....

.....

2) People I can talk to are

.....

.....

.....

3) Things that help me are

.....

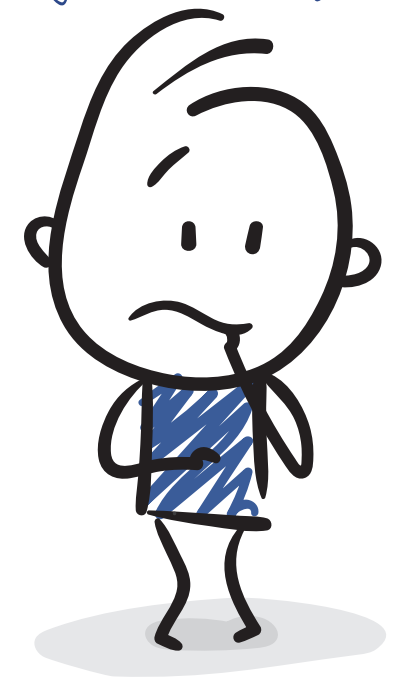
.....

.....

D-03044 - Produced by Moray Council

Coping with Anxiety

10 Top Tips for Young People



TIP 1

Understand why
we experience
anxiety



FIGHT ATTACK FLIGHT AVOID FREEZE BLOCK OUT

TIP 3

Talk to someone
you trust



TIP 5

Consider your
general
health &
well being



Eating & Drinking Well

Exercising

Sleeping Well

Relaxing

Connecting with others

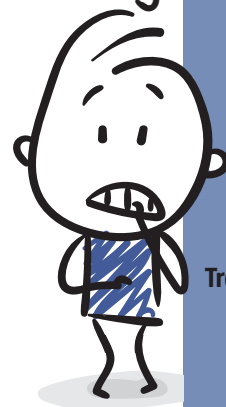
TIP 7

Challenge your
automatic
anxious
thoughts



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 4

Focus on..

One step at a time



TIP 6

Notice what
makes you
anxious



ANXIETY TRIGGERS ANXIETY TRIGGERS ANXIETY

TIP 8

Reduce avoidance

