

HOW TO

Manage anxiety

Negative thoughts fuel our anxiety. Challenge your negative thoughts. Is there a different option?

THOUGHTS



Notice how you feel. Try to sit with your worries and let them come and go. Can you let the feelings pass?

EMOTIONS



Anxiety can cause a range of physical symptoms, like increased heart rate. Try to shift your focus to things around you- not within you.

SYMPTOMS



You have choices to make. Can you act in a way to reduce anxiety? Try seeking information to reduce anxiety.

BEHAVIOUR



ANXIETY

We experience anxiety when we perceive a threat is present. The threat might be a change in situation, a change in our relationships, finances or our health. Our anxiety is telling us to take some steps to safeguard ourselves.



CONNECT

Talk to the people in your house. Call a friend. Spend time with a pet. Make use of technology to connect.



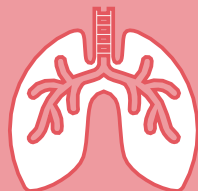
MOVE

Try changing your position. Move to a different room. Try some gentle stretches.



NOTICE

What can you see? What can you hear? What can you smell? Pay attention to the detail in your environment.



BREATHE

Breathe in through your nose, and out through your mouth as if you were breathing out through a long straw.

HOW TO

Manage low mood

Try to introduce some physical activity every day. Check out free exercise sessions online or go for a walk.

ACTIVITY



Eating healthily has been linked to improved mood. Make good food choices.

NUTRITION



Sleeping well enables us to cope with better life's challenges. Maintain healthy sleep habits.

SLEEP



Reach out to friends, family or your hospital team for support. You are not alone in this.

SUPPORT



LOW MOOD

It is normal to experience low mood at times. It can make you feel flat, lethargic or angry. It can make you feel that you are alone in the world. Low mood usually passes in a short period of time. If it persists, do seek advice as you may be experiencing depression.



KINDNESS

Be kind to yourself. This too shall pass.



CREATIVITY

Explore new things like drawing, painting, reading, writing. Indulge your creative side.



CHALLENGE

Challenge your negative thoughts. What is the flip side of the coin?



ACCEPT

Accept the things you cannot control. Focus on the things you can control.

HOW
TO

Develop healthy coping strategies

Shift your focus to something else. Turn on the TV, listen to some music, read a book, do some colouring.

DISTRACTION



Make time to focus on relaxation. Try to switch off your thoughts and focus on letting go of the stressors.

RELAXATION



Take some gentle exercise. Go for a walk with a family member. Explore home exercise programmes. Stretch your muscles.

ACTIVITY



Information helps you to make informed decisions. Seek appropriate sources of information to guide you.

INFORMATION



COPING STRATEGIES



TIME OUT

Try to find some time in your day, where you can completely switch off from the demands placed upon you.



ACCEPTANCE

Accept what you can control and let go of what you cannot control.



SUPPORT

Identify who can provide you with emotional and practical support. Try not to face things alone.



SHARE

Sharing a problem can help shrink it in your mind. Reach out to others who can help you explore how to accept or solve the problem.