

12 Ways to Tackle Anxiety & Stress



Find beauty in everyday things



Be grateful for small things and graceful about annoying ones



Practice kindness and compassion and give back to others and community



Accept that things come and go and we can't control everything



Trust yourself and forgive your mistakes - BIG and small



Stop overthinking and comparing yourself with others



Challenge negative thinking and cultivate a positive attitude



Face down your fears as avoiding them makes them worse, not better



Nurture your social relationships



Honour your body with healthy food, exercise and good sleep



Get outdoors and connect with nature



Sit with your feet on the ground and breathe slowly and deeply for 5 minutes every day

Quick Help for an Anxiety Attack

Put your feet on the ground, and the palm of your hand on your stomach and:

Breathe in slowly and deeply for 3 and out for 3

Don't fight it

Breathe in slowly and deeply for 4 and out for 4

Remember it will pass

Breathe in slowly and deeply for 5 and out for 5

All of the sensations of panic are harmless no matter how intense

Keep breathing slowly and deeply as the symptoms reduce and you begin to relax.



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