12 Ways to Tackle Anxiety & Stress

1. Find beauty in everyday things
2. Be grateful for small things and graceful about annoying ones
3. Practice kindness and compassion and give back to others and community
4. Accept that things come and go and we can’t control everything
5. Trust yourself and forgive your mistakes - BIG and small
6. Stop overthinking and comparing yourself with others
7. Challenge negative thinking and cultivate a positive attitude
8. Face down your fears as avoiding them makes them worse, not better
9. Nurture your social relationships
10. Honour your body with healthy food, exercise and good sleep
11. Get outdoors and connect with nature
12. 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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