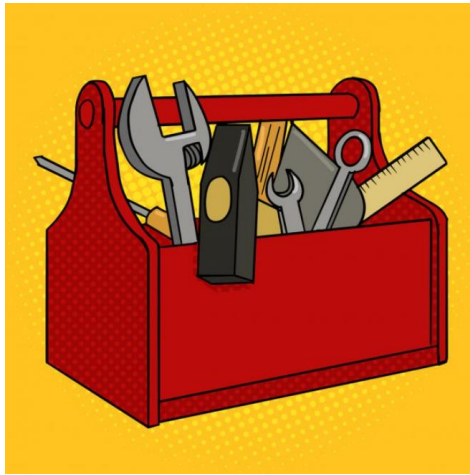




Managing Anxiety



Home Toolkit

Feeling overwhelm and anxiety can be a debilitating experience and can leave you feeling stuck and powerless. Taking time to learn your own strategies to spot your anxiety early and manage your worries is a wonderful gift you can give yourself for life.




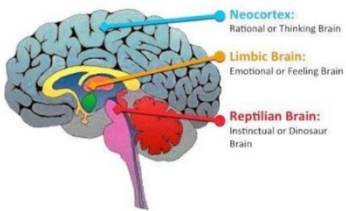


Here are lots of ideas you can try for things you might want to put in your own toolkit. Choose the ideas that work best for you, personalize them, play with them and make them yours, gradually build your own toolkit over time.



Managing Anxiety Toolkit

		
<p>Compassion and Understanding for ourselves</p> <p>Nurturing a capacity to view ourselves without judgement but rather with curiosity and acceptance will help us meet how we really feel. Rather than getting stuck, feelings can then flow and shift.</p>	<p>Connection to ourselves and others who strengthen us</p> <p>Reaching out to others, talking, chatting about experiences, laughing together and sharing vulnerabilities is deeply supportive and as social beings we all need to feel connected and understood.</p>	<p>Body Bottle</p> <p>We are all human constantly experiencing thoughts, feelings and sensations. Remembering that feeling emotions such as happiness, anger, sadness and anxiety is all part of being human.</p>
		
<p>Body Map</p> <p>Learning how to listen to our own body's sensations and behaviour helps us find a way in to our feelings, witness and meet our underlying needs.</p>	<p>Being Present in Nature</p> <p>Sitting quietly in a natural space – tuning into the sounds and sensations of the natural world helps bring us into the present moment. Here we can often find peace and reassure ourselves all is well.</p>	<p>Journaling</p> <p>Writing down our worries can help stop repetitive thoughts swirling around our head. Later we can reflect on our worries with a different perspective – decide to take action or let them go.</p>



		
<p>Scheduled Worry time</p> <p>Having a set time each day when we allow ourselves to reflect and respond to the worries we have gathered in our worry journal can help us to discipline our minds not to get lost in overwhelming thoughts and reassure ourselves that we will listen to and address underlying concerns.</p>	<p>Daily Physical Exercise</p> <p>Exercising our bodies on a daily basis helps to keep us fit and healthy as well as releasing feel good hormones called endorphins that can shift tricky feelings and give us a new perspective.</p>	<p>Routine</p> <p>Setting ourselves a realistic, regular routine will can help manage our time and give structure to our day, helping us to feel a little more in control and temper uncertainty.</p>
		
<p>Understanding the brain's fight/flight response</p> <p>When we understand that the body is cleverly designed to keep us safe we can have compassion for our anxiety. Learning how to listen to and balance our brain's default emergency system can be a powerful tool.</p>	<p>Connecting with our Passions and unique self</p> <p>When we connect with our passions we can rediscover our love of life. Following what interests, motivates and inspires you will help build the momentum of self-worth and joy. We might even feel inspired to learn something new.</p>	<p>Gratitude list</p> <p>Shifting our focus to the aspects of our life that we are grateful for can help us gently break negative thought patterns. Reflect daily on 3 things that you are thankful for, no matter how small and gradually watch how attune to more.</p>



**The Worry Monsters:
Herbet**

Herbert helps with worries we can't control. He uses mindfulness, breathing techniques and visualisation tools to help let them go.

Tempering the fight/flight reaction through mindfulness, box breathing, bubble games and consciously taking long slow out breaths triggers the parasympathetic nervous system to and brings us back to feeling calm and grounded.



Manto

Manto helps with worries about the future – he creates an action plan and cites what you can do in the now to help take control and step out of the fear.

Some worries can be reduced by taking positive actions. Manto encourages you to draw your worry and then plan 3 things you are going to do to reduce or manage that worry.



Goon

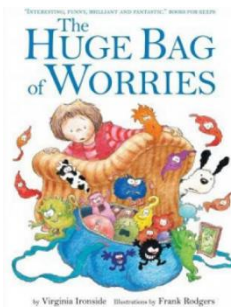
Goon is good with funny silly worries - *go on...have a laugh!*

When we reflect on some worries we can see that actually we might have got things a little out of perspective. It can be healthy to have a good laugh! How many ways can you use a balloon to make you giggle?



Creativity and Play

Making, creating, crafting, drawing, playing and having fun are all fantastic ways to relax and discover gifts and talents within us.



The Huge Bag of Worries

This lovely story by Virginia Ironside offers a great explanation for how anxiety can feel and demonstrates how sharing our worries can help us unload.



Nature Chores

Research shows that spending time outdoors in nature helps us to feel calm and anchor us in the present. Gardening, lighting a campfire and doing repetitive tasks such as chopping wood and whittling can help us relax and return to our regulated brain.