

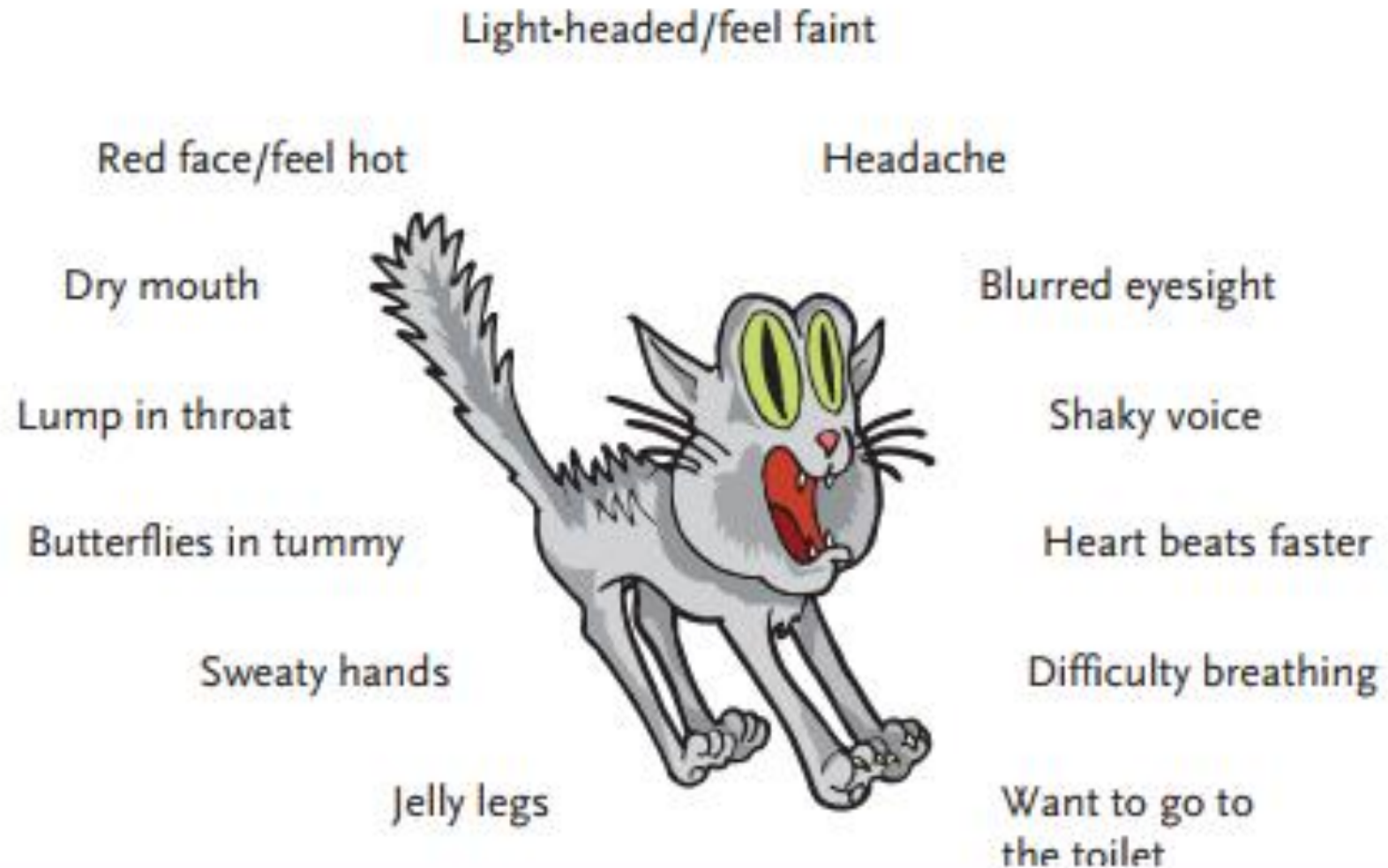
Beating Anxiety

Wellbeing

Beating Anxiety: the causes?

- Doing something new or difficult
- Telling someone something that they won't like
- Preparing for something important like an exam.
- Planning for next year.
- Managing your time effectively.

Fight or flight



Learn to relax

- Take part in physical activities – running, cycling, swimming, the gym
- Take part in ‘absorbing’ activities – read a book, watch TV, listen to music
- Controlled breathing: breath in, hold for 5 seconds, breath out and say the word ‘relax’

However, don’t avoid the problem if you can do something about it!

Identify your negative thoughts

It is important to identify your negative, critical or worrying thoughts.

People who feel anxious often:

- have very negative thoughts
- find it hard to think, hear or see anything good about themselves
- do not recognise their positive skills
- are more likely to expect bad things to happen
- are less likely to think that they can be successful and have a gloomy view about their future.

For some, this way of thinking takes over. Their thoughts become mainly negative and they often feel ANXIOUS.

The thinking trap

Negative glasses

You view everything as a negative, you find it hard to see the good in things and dismiss positives quickly.



Blowing things up

You make the tiny things into huge issues and blow them out of proportion. This causes huge rows over tiny things.



The mind reader

You know what everyone else is thinking and they are all thinking about you...!



The fortune teller

You know what will happen before it does – you have the ability to predict the future.



A challenge

- For every negative thought, try and find a positive one, no matter how small.
- Surround yourself with people who make you feel better – not worse!
- Be a better friend to others around you – pay them compliments, be supportive, listen to their problems.

Be the kind of person you would want to be friends with.

