



Managing Anxiety

Managing anxiety looks different for everyone, and finding what works best can take time. The good news? There are plenty of strategies to explore. If it ever feels too much to handle on your own, don't hesitate to reach out for professional support.

Slow breathing: Anxiety can speed up your breathing, making it shallow. Slow it down by breathing in for a count of three and out for three.

Progressive muscle relaxation: In a quiet spot, close your eyes and tense then release each muscle group, starting at your toes and moving to your head. Hold the tension for three seconds before releasing. This helps ease the physical tension that anxiety often causes.

Stay in the present moment: Anxiety often drags your thoughts into a scary future that hasn't happened. Bring yourself back to now. Meditation can help you stay grounded.

Healthy lifestyle: Exercise, eat well, enjoy nature, spend time with loved ones, and make time for activities you love. These habits can improve your overall wellbeing and reduce anxiety.

Take small acts of bravery: Avoiding fears might help short-term, but it often makes anxiety worse later. Start small—face something that worries you. Over time, you'll realise you can handle more than you think.

Challenge your self-talk: Anxiety can twist your thinking. Instead of jumping to worst-case scenarios, look for facts and consider alternative perspectives. This shift can ease your fears.

Plan worry time: Rather than letting worries take over, set aside 10 minutes a day to think about them or write them down. This can help keep them contained.

Get to know your anxiety: Track when your anxiety is at its best and worst. Understanding patterns can help you plan your day and tackle triggers proactively.

Learn from others: Connecting with people who also experience anxiety can make you feel less alone and offer helpful insights.

Be kind to yourself: Anxiety doesn't define you. It's a condition you're managing—not who you are. Treat yourself with the kindness and patience you'd offer a friend.

Where to get help:

Your GP

Your local Medicare Mental Health Centre

Lifeline: 14 11 14

Beyond Blue: <https://www.beyondblue.org.au/>

Black Dog Institute: <https://www.blackdoginstitute.org.au/>



SCAN FOR MORE TIP SHEETS

