

How to beat worry



Here are some helpful tips on how to make worry less of a problem and how to make anxiety less. Some worrying and anxiety are a normal part of life, so they won't go away all together – but they shouldn't have to take over your life.

Tip 1 – Notice when you are worrying or feeling anxious. This is the first step in making things better. If you feel the signs of anxiety such as

- your heart rate speeding up, sweaty skin or going pale,
- feeling upset, on edge, angry, or irritable
- feeling that something terrible is about to happen
- throat or mouth dry
- muscle aches or headaches; feeling tired, having little energy; poor digestion
- stomach aches; concentration problems, mind racing
- or if you are having trouble sleeping.

Tip 2 – “Stop”!

When you notice you are worrying, say to yourself “stop”! and see if you can get your brain to doing something else. Try thinking of something else (especially something nice, relaxing, or enjoyable). Try doing something to keep your brain occupied (like reading, watching TV, doing a hobby, or playing a sport).

Relaxation Techniques



1. **Take time out** - Get away from the things that are worrying or upsetting you –even if it's just for a minute. Go somewhere quiet (even the bathroom!), or just look out of a window for a bit.
2. **Breathing** -Spend a minute thinking about breathing. Breathe in and out regularly and not too deeply or too little. Sometimes it can help to count in your head while you breathe (for example, breathe in for three and then out for three).
3. **Relax your muscles** - Stretch out your muscles and then let them go floppy and relaxed. This is easier if you have somewhere comfortable to sit. Make sure you include all your muscles, even your face, forehead, back and stomach.