

Be gentle with yourself....

Anxious behaviour is a habit. We can 'un learn' anxious behaviour and re place it with non-anxious behaviour.

Nobody EVER died from an anxiety attack. They are self-limiting and WILL pass.

Feelings of panic come from over stimulated nerves, producing the sensation of fear when there is actually nothing to fear.

Anxiety feeds off your fear of it, if you don't fear it, it becomes nothing. Remember 'What you resist persists'.

BREATHE – Use breathing to manage the impulse to react immediately.

Try sitting with anxious feelings when they happen. Mindful breathing – 'Out more than in'. Singing is great for this!!

Focus on what's happening right now. In stressful situations keep your mind from wandering off onto past or future worries by studying the people around you, listening intently to music on your ipod, reading a book etc.

Leave your past beliefs about difficult situations behind – adopt a 'beginner's mind'.

Give yourself 'worry time' and then move on...

Write things down...you could do this during your 'worry time'.

Exercise as much as you can, walking is great, but be 'in the moment' - give your mind a much needed break as well as your body.

Get outside. Fresh air, nature, animals all these things are linked to feelings of wellbeing.

Spend some time each day 'just being'.

And Breathe.....