

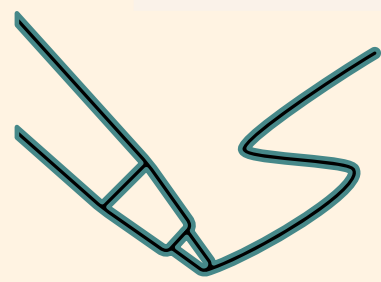
Managing anxiety



Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future.

[Anxiety and panic attacks - Mind](#)

Tips



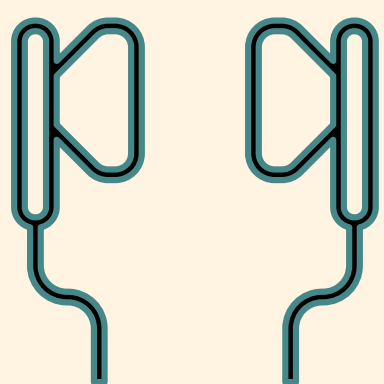
Journaling



Gentle stretches



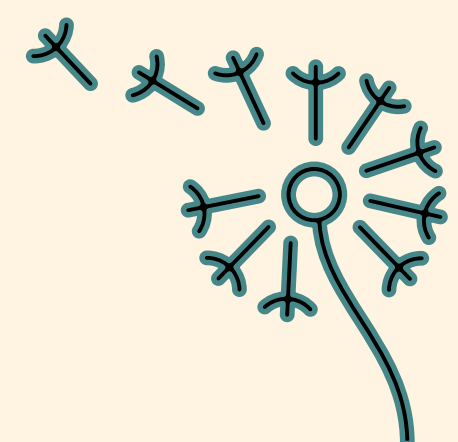
Bath / shower



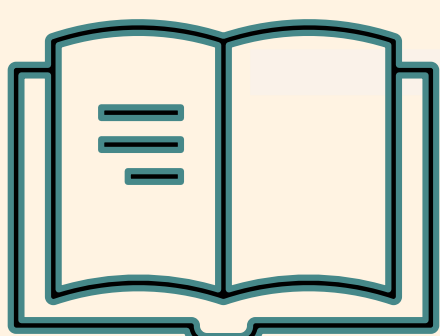
Listen to music



**Guided
meditation**



**Focus on
your breath**



Read



Keep active



**Try a new
hobby**

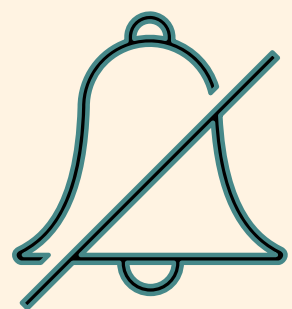
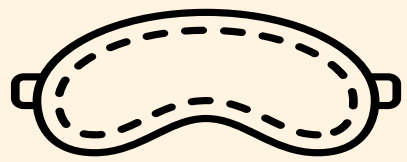


Things to try for

Sleep



Try and limit caffeine before bed
I.e., Coffee, tea, fizzy juice,
chocolate



Try and slow down your
busy mind and relax **



Try to wake up at the same time
every day. Try not to press the
snooze button

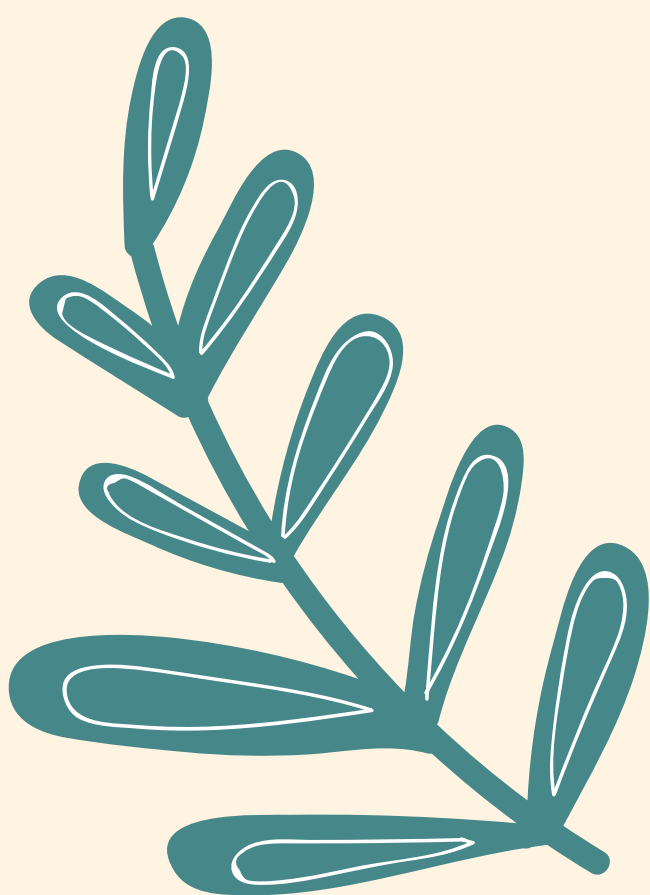


Is your room dark and
quiet?



Have you silenced your
notifications?

**see the managing anxiety page for more info



Links to resources

Sleep

- [Evening Wind Down – YouTube](#)
- [Meditate | Deep Sleep Release – YouTube](#)
- [Switching Off for Deep Sleep with Sleep by Headspace](#)
 - [Relaxing Body Scan – YouTube](#)
- [Sleep, Anxiety, and Insomnia: How to Sleep Better When You're Anxious - YouTube](#)

Anxiety

- [Anxiety Hack | Calm Toolbox – YouTube](#)
 - [Calm | Breathe Bubble – YouTube](#)
- [Box Breathing – 1 minute in length – YouTube](#)
- [Managing Anxious Thoughts And Stress With Mindfulness](#)
 - [How to make a self-soothe box - YouTube](#)

Psychoeducation

- [The science of sleep](#)
- [Taking your thoughts to court](#)
- [Positive Self-Talk – YouTube](#)
- [You are not your thoughts – YouTube](#)
- [Dan Siegel - "The Adolescent Brain" – YouTube](#)
- [Mental Health Support For Young People | YoungMinds](#)