Anxiety
A self-help booklet

This booklet contains information on....

• Identifying whether you are experiencing symptoms of anxiety
• What is anxiety, what causes it and what sustains it
• Understand how to manage and overcome anxiety
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Anxiety is a familiar, natural emotion that we all experience at some point. It is a feeling of unease, such as worry or fear, which is often used to describe when we feel ‘nervous’, ‘uptight’ or ‘tense’.

Not only is it perfectly normal to have feelings of anxiety, but it is part of a helpful response to everyday situations. However, for some; it becomes challenging when anxiety becomes a regular occurrence. It must be highlighted that we don’t want to get rid of anxiety altogether, but to control and sustain it at a normal healthy level.

When we encounter situations that make us feel anxious, we experience a variety of uncomfortable physical and emotional sensations. This is known as the fight or flight response that has evolved to protect us from danger.

When we are anxious, this response causes hormones, such as adrenalin and noradrenalin to be released into the bloodstream. This release of hormones is responsible for the physical sensations you may feel. These include:

- Speeding heart rate
- Slowing digestion
- Pupil dilation
- Muscle tension
- Increased blood pressure
- Increased blood sugar levels

One of the most natural responses to a threat is fight or flight (avoidance). This response is useful if the threat is realistically dangerous. For most of us, modern life does not present us with life-threatening situations, and thus the physical response is not required.

The threats we face today are threatening for other reasons, such as social threats (e.g. fear of being judged), financial threats (e.g. fear of losing job or home); or health threats (fear of getting ill). These threats are perceived as anxiety-provoking, but in reality, there is very little danger involved.

Anxiety also affects our thinking and learning. When we feel anxious, we may worry for long periods of time and this may trigger feeling of out of control. These worries are often a range of issues, and our minds jumps quickly from one worry to another.
Not only is it important to understand what causes anxiety, but the various symptoms associated with it.

Additionally, anxiety affects our behaviour. We may avoid doing things we worry about because we are anxious about how they will turn out.

**Symptoms can be categorised into:**

- **Behaviours**
- **Thoughts**
- **Physical Sensations**
- **Emotional symptoms**

Although it is common to feel behavioural, cognitive, physical and emotional symptoms simultaneously, you may not necessarily feel all of the symptoms that are described below.

---

**Do I have symptoms of anxiety?**

*Please tick the boxes which regularly apply to you:*

### Behaviours
- Avoid doing things you would like to do
- Eat more (or less)
- Pace around/ Find it hard to relax
- Start jobs and not finish
- Snappy and irritable behaviour
- On the go all of the time
- Talk very quickly or more than usual
- Get easily flustered

### Thoughts
- You often worry ‘what if’ something bad happens
- Your mind jumps from worry to worry
- You often imagine the worst case scenarios
- You find yourself noticing potential threats

### Physical Sensations
- Tense body/ Muscular pain
- Trembling/ Tingling sensations
- Dizzy/ Faint
- Heart racing/ palpitations
- Chest tight or painful
- Breathing faster/ slower than usual
- Stomach churning
- Concentration difficulties

### Emotional symptoms
- On edge
- Stressed
- Frightened
- Nervous
- Irritable
- Unreal/strange
- Panicky
- Uptight
- Detached
When faced with a situation that causes anxiety, people tend to change their behaviour. As a result, this influences how we react and deal with these situations. A natural response is to avoid the situation or event causing us anxiety.

Avoidance is effective short-term, as when we escape an anxiety provoking situation, we feel an immediate sense of relief. However, the next time we come to face that situation; we will avoid it due to the relief we felt last time. This is called negative reinforcement.

Sometimes we cannot avoid stressful situations, and instead, develop specific behaviours that allow us to feel safer in that situation. These are called safety behaviours.

Safety behaviours include:

- Only going to certain places with someone who makes you feel comfortable.
- Positioning yourself close to escape routes.
- Trying to make the situation more predictable by over-planning or over-preparing.
- Carrying anti-anxiety medication in case you get anxious.
- Distracting yourself from the anxious situation or event, or avoiding it entirely.
- Seeking excessive reassurance from others.
- Opening windows to make sure you get enough air.
- Smoking a cigarette before entering an anxiety provoking situation.

Using safety behaviours is a short-term solution as whilst they do reduce immediate anxiety, they maintain it long-term. People can become dependent on these safety behaviours as a way of coping. By using these strategies or avoiding the situation altogether means the anxiety is not directly dealt with, and therefore remains.
Feeling anxious has an impact on the **way we think about ourselves, others, situations and the world around us**. When feeling anxious, it is common to make negative and often catastrophic predictions about what will happen, or worry excessively over things out of our control.

This thinking style can become a habit that is hard to break out of and eventually these thoughts come to mind automatically.

There are different types of thinking styles; some can be unhelpful and unrealistic, and therefore have a negative effect on the way we feel.

### Do you recognise any of these in your own thinking?

<table>
<thead>
<tr>
<th>Thinking styles</th>
<th>Should and must statements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black and white thinking</td>
<td>• Believing that something or someone is good or bad, right or wrong. If something isn’t perfect, then it is considered a failure.</td>
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<tr>
<td></td>
<td>• Thinking or saying ‘I should’, ‘I ought to’, ‘I must’ puts pressures on ourselves, and sets up unrealistic expectations.</td>
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<tr>
<td>Catastrophising</td>
<td>• Imagining and believing that the worst possible thing will happen.</td>
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<td></td>
<td>• Exaggerating the importance of events, and how awful they will be.</td>
</tr>
<tr>
<td>Critical self</td>
<td>• Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our fault.</td>
</tr>
<tr>
<td></td>
<td>• Exaggerating the risk of danger, or the importance of negative events.</td>
</tr>
<tr>
<td></td>
<td>• Underestimating the positives.</td>
</tr>
<tr>
<td>Negative focus</td>
<td>• When you dwell on negative or worrying details, you focus on your weaknesses and forget about your strengths.</td>
</tr>
<tr>
<td></td>
<td>• You feel anxious, so you believe that you must be in danger.</td>
</tr>
<tr>
<td>Mind-reading</td>
<td>• Assuming that you know what others are thinking (about you).</td>
</tr>
<tr>
<td></td>
<td>• Assuming the worst will happen – you start trying to predict the future.</td>
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<tr>
<td></td>
<td>• Current situations and events can trigger upsetting memories, leading us to believe that the danger is here and now, rather than in the past.</td>
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The first step in tackling unhelpful thoughts is to **identify** them, once you are able to identify such thoughts you can begin to **examine and criticallyanalyse** them and then look for more **helpful alternatives**.
Anxiety causes many physical sensations, which can feel unpleasant and cause discomfort.

The physical symptoms you may feel include:

- Breathing rapidly
- Sweating
- Trembling
- Increased heart rate
- Feeling lightheaded
- Hot and cold flashes
- Excessive tiredness
- Butterflies in your stomach
- Nausea
- Vomiting
Anxiety is **subjective**. The most significant symptoms caused by anxiety are fear and excessive worry. However, people can feel different emotions and react to anxiety in different ways.

Some of the emotional effects include:

<table>
<thead>
<tr>
<th>Icon</th>
<th>Effect</th>
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<tbody>
<tr>
<td><img src="image" alt="Confidence" /></td>
<td>Loss of confidence</td>
</tr>
<tr>
<td><img src="image" alt="Control" /></td>
<td>Feeling a loss of control</td>
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<tr>
<td><img src="image" alt="Memory" /></td>
<td>Poor memory and concentration</td>
</tr>
<tr>
<td><img src="image" alt="Patience" /></td>
<td>Lack of patience</td>
</tr>
<tr>
<td><img src="image" alt="Irritated" /></td>
<td>Becoming easily irritated with others</td>
</tr>
<tr>
<td><img src="image" alt="Self-esteem" /></td>
<td>Low self-esteem</td>
</tr>
<tr>
<td><img src="image" alt="Helpless" /></td>
<td>Feeling helpless</td>
</tr>
</tbody>
</table>
Now that you’ve gained an understanding of the symptoms associated with anxiety, it is important to be aware that all the symptoms interact with each other.

You can begin to see that our emotions and thoughts can affect our behaviour. This in turn, can affect the state of our physical health. Feeling these undesired sensations can therefore alter the way we think and feel.

Here is an example:

Situation
Going for a job interview

Behaviours
- Not making eye contact
- Fidgeting
- Coming across as flustered
- Speaking too fast

Physical Sensations
- Trembling
- Sweating
- Stomach churns
- Loss of appetite

Thoughts
- “They’ll think I’m not up to the job”
- “I’ll answer the questions wrong”
- “They won’t like me”

Feelings
- Lack of control
- Feel helpless
- Stressed
- Uptight
What keeps anxiety going?

There are some factors that can create a vicious cycle of anxiety:

Thinking styles
Some people have a style of thinking that lends itself to anxiety. If someone has an anxious personality or a tendency to worry, they will probably be in a habit of feeling anxious. This can be fuelled by on-going life stressors.

Worrying about worrying
Some people perceive worrying as detrimental to their health. This can increase the symptoms associated with being anxious as people often react by thinking that there is something physically wrong, or that something truly awful is going to happen. This can lead to over-sensitivity of any symptoms they may feel.

Physical symptoms
These symptoms may include feeling breathlessness, or a rapid heart rate which are perfectly safe and natural bodily reactions. However, worrying about these physical symptoms will only make the person feel worse, which creates a vicious cycle of anxiety.

Fear of fear
When a certain situation has caused anxiety in the past, some people may automatically assume that when they are confronted in the same situation, they will experience similar feelings. Trying to predict when anxiety may occur, can actually trigger the symptoms themselves.

Using avoidance strategies
As a result of their anxiety, some people may change their behaviour. This may include avoiding certain situations which make them anxious.

Example: they may avoid going to a party because they have worries of being negatively evaluated, (e.g. “what if no one likes me”).

People who tend to use avoidance strategies do not tackle the source of the anxiety. As the result of this, they can never see that things can go better than they predict, and consequently, their anxiety still remains.

Avoidance and escape can also lead to a loss of confidence, which in turn affects a person’s self-esteem, and how they think about and approach future situations.

Now spend a few moments thinking about what might be keeping your anxiety going?
What’s keeping my anxiety going?

What unpleasant/frightening symptoms am I experiencing?

What beliefs and thoughts am I having about these symptoms?

Are there any everyday things I am avoiding?

What current stressors are there in my life?
What to do when you feel anxious

When you are feeling anxious – **stop and think** - what is actually causing you to feel this way?

Going through this thought process will help you feel less out of control, and help you focus your mind to cope with this anxiety.

Even though at first, this may be a hard process to carry out and you may not find all these questions useful, using this structure can provide a more practical solution to dealing with your anxiety.

Pause, take a breath, and do not react automatically!

Ask yourself:

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>What am I reacting to?</td>
<td></td>
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<tr>
<td>What is it that I think is going to happen here?</td>
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</tr>
<tr>
<td>Am I getting things out of proportion?</td>
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<tr>
<td>How important is this really? How important will it be in 6 months time?</td>
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<tr>
<td>Am I overestimating the danger?</td>
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<tr>
<td>Am I underestimating my ability to cope?</td>
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<tr>
<td>Am I mind-reading what others might be thinking?</td>
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<tr>
<td>What advice would I give someone else in this situation?</td>
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<tr>
<td>What would be the consequences of responding the way I usually do?</td>
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<tr>
<td>Is there another way of dealing with this? What would be the most helpful and effective action to take? (for me, for the situation, for others)</td>
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<tr>
<td>What is a more positive way of coping with this situation?</td>
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Now that you have an understanding of what anxiety is and the symptoms associated with it, you can begin to tackle some of the causes.

This can include:

1. **How we respond to thoughts: Changing our relationship to anxious thoughts**
2. **Reducing physical symptoms**
3. **Changing behaviours related to anxiety**

You may already by now have some ideas about what is causing your anxiety. The following sections will give you advice on how to break out of the vicious cycle that keeps anxiety going.

**The following sections include:**

- Self Help: Challenging your response to anxious thoughts
- Self Help: How do I endure an anxious situation (behavioural symptoms)
- Self Help: Coping with physical symptoms
- Using Mindfulness to cope with anxiety
- Self Help: Coping with the emotions associated with anxiety
Self-help: Thoughts

One approach to overcoming intrusive, anxious thoughts is to **recognise** them and identify them when they appear.

It is important to be able to **manage** anxious thoughts as this will enable you to stop turning to these thoughts automatically in an anxiety provoking situation.

Managing anxious thoughts involves **asking yourself** whether the unhelpful thought you are experiencing in a particular anxiety provoking situation, is realistic and representative of the situation itself.

Example:
- Someone who is nervous about a job interview may be thinking that something terrible will happen if they make a mistake in the interview.
- They think that if they fail to answer a question then something horrible will happen to them.
- If they were to challenge their thought at this point, they would realise that whilst it may be embarrassing not knowing the answer to a question in the interview, there will be no drastic consequences.
- If they make a mistake, what is the worst that can happen? They may not get the job, but then they are no worse off than they were before the interview.

**Now spend a few moments challenging your own unhelpful thoughts**

<table>
<thead>
<tr>
<th><strong>Automatic unhelpful thought</strong></th>
<th><strong>Thinking trap</strong></th>
<th><strong>Alternatives</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Write down your thoughts</em></td>
<td><em>Identify the thinking trap you have fallen into</em></td>
<td><em>Substitute more helpful / realistic thoughts of how to interpret the situation</em></td>
</tr>
</tbody>
</table>
To overcome anxiety, you need to identify the situations you avoid. It is also important to be aware of what safety behaviours you use in these situations. You will need to actively let go of your safety behaviours, and gradually confront the situations you have been avoiding. This is a great way of building up your confidence.

Whilst this can be a daunting idea, facing the anxiety provoking situation, without the help of your safety behaviours will make you realise that you are able to cope with it.

Identify your safety and avoidance behaviours:

**Can you think of any situations that you avoid, due to your anxiety?**

**What safety behaviours do you use to cope with situations that make you feel anxious?**
Exposing yourself to situations that make you anxious breaks the vicious cycle of avoidance, and this will eventually decrease the level of anxiety you feel in that situation. This is a process called **graded exposure**.

- When you expose yourself to a threatening situation, your anxiety will **initially peak**.
- Even though this may be difficult, and somewhat frightening – **enduring** the anxious situation will lead to your anxiety eventually becoming more **manageable**.
- Over time, you will approach the same threatening situation feeling less anxious than the last time.
- This occurs because **you have learnt that you are able to cope with the situation**.

Research has found that graded exposure is important, as the last memory of the event sticks in the individual's mind. Therefore, if you have learnt to cope with a situation, your memory will focus on this.

How do I endure an anxious situation?

**Practising Graded Exposure**

**This is a step-to-step guide:**

1. Choose a situation that you normally avoid because it makes you anxious.

2. Think about how you can break it down into manageable steps. Using a hierarchy, gradually expose yourself to the anxiety provoking situation.


4. Take your time – steadily work through the steps and repeat them until you feel comfortable to move onto the next step.
Example: Sally has needle phobia. She came up with a graded exposure hierarchy. Yours might be different.

Developing a hierarchy – list all fearful situations related to needles and arrange them in order of difficulty, starting with the easier ones.

<table>
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<tr>
<th>My hierarchy:</th>
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<tbody>
<tr>
<td>Thinking about having an injection.</td>
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<tr>
<td>Listening to someone talking about having an injection.</td>
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<tr>
<td>Looking at photos of injections.</td>
</tr>
<tr>
<td>Watching someone having an injection on TV or online.</td>
</tr>
<tr>
<td>Watching someone else having an injection in real life.</td>
</tr>
<tr>
<td>Touching a needle.</td>
</tr>
<tr>
<td>Holding a needle.</td>
</tr>
<tr>
<td>Having an injection in my arm.</td>
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Create your own hierarchy to manage a situation which makes you feel anxious

Write down a particular thing that makes you feel anxious

<table>
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<tr>
<th>My hierarchy</th>
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There are many different ways in which you can **relax** your body and **relieve** the physical symptoms of your anxiety, including:

- Calm breathing exercise
- Muscular relaxation

### Breathing

People who are anxious tend to breathe (upper chest) with shallow, rapid breaths, instead of breathing into their lungs (lower chest).

This can lead to respiratory alkalosis which explains symptoms such as dizziness, feeling light-headed, tingling in the arms and heart palpitations.

**How to breathe into your lower chest:**

- Slowly inhale a normal amount of air through your nose, filling your lower lungs.
- Then exhale.
- You might first try it with one hand on your stomach, and one hand on your chest.
- As you inhale gently, your lower hand should rise, while your upper hand stays still.
- Continue this gentle breathing pattern with a relaxed attitude, concentrating on filling only the lower lungs.
Calm breathing

When people are tense and anxious, they often breathe in a way that is unhelpful, which can often make their physical feelings worse.

Calm breathing is a technique that helps you to slow down your breathing when feeling stressed and anxious.

Calm breathing includes taking smooth, slow and regular breaths:

- Get into a comfortable position
- Recognise the movement of your chest, keeping movement regular and steady. It can be helpful to count to three as you do this.
- Breathe gently and slowly, low in your chest, just above your waist.
- Breathe through your nose and take a little longer to breathe out than to breathe in. Perhaps try to breathe in for 3 seconds, and hold your breath for 2 seconds. It can be helpful to count as you do this:
  e.g. IN, 1, 2, HOLD, 1, 2, OUT, 1, 2
- At the end of each breath, allow time to pause before you take your next breath in.
- Make sure your arms and neck are relaxed as you work on your breathing.
- Complete this exercise for a few minutes. You should soon begin to feel more relaxed.
- As you practice, your arms and legs should become more relaxed which will make your breathing easier.

Muscle relaxation

Tension is a common symptom of feeling stressed. Muscular relaxation helps you to control the physical tension, and help you relax in general.

During this exercise, you have to tense and then relax different muscles in your body. You want to work systematically through the body starting with the hands, working up to the shoulders, moving to the face, then the back, the stomach and then finally the legs.

Applying relaxed breathing techniques can help you to gain the maximum benefit from muscle relaxation.

- Get in a comfortable position. Actively focus on yourself and on achieving relaxation in specific body muscles. Tune out all other thoughts.
- Tense and relax each muscle group for 5 seconds, as follows:
Face

Wrinkle your forehead and try to make your eyebrows touch your hairline. Close your eyes as tightly as you can. Draw the centres of your mouth back and grimace 5 seconds, relax.

Feel the warmth and calmness in your face.

Hands

Extend your arms in front of you. Clench your fists tightly 5 seconds, relax. Feel the warmth and calmness in your hands.

Forearms

Extend your arms out against an invisible wall and push forward with your hands 5 seconds - Relax. Feel the tension leave your arms.

Shoulders

Shrug your shoulders up to your ears 5 seconds - Relax.

Stomach

Tighten your stomach muscles 5 seconds - Relax.

Hips and buttocks

Tighten your hip and buttock muscles 5 seconds - Relax.

Thighs

Tighten your thigh muscles by pressing your legs together as tightly as you can 5 seconds - Relax.

Feet

Bend your ankles toward your body as far as you can 5 seconds - Relax.

Toes

Curl your toes as tightly as you can 5 seconds – Relax.
Mindfulness means ‘awareness’. It is a form of meditation that involves paying attention to the present moment – to your own thoughts and feelings, and to the world around you without judgment.

Becoming more aware of the present moment means noticing the sights, smells, sounds and tastes that you experience, as well as the thoughts and feelings that occur from one moment to the next.

Good mental well-being means feeling good about your life and yourself, and being able to get on with life in the way you want. What we do, and the way we think have the biggest impact on well-being.

What can mindfulness help you with?

Evidence suggests that mindfulness has a positive effect on general wellbeing. Sitting non-judgementally with your thoughts and feelings:

* Reduces anxiety
* Reduces depression
* Enhances mood
* Enhances quality of life
* Reduces pain
* Enhances function
* Enhances immune system
* Enhances sense of wholeness

Professor Williams, professor of Clinical Psychology at Oxford Mindfulness Centre,

“It’s easy to stop noticing the world around us. It’s also easy to lose touch with the way our bodies are feeling and to end up living “in our heads” – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour”

Mindfulness allows us to become more aware of the stream of thoughts and feelings we experience. It can help us see how we can become entangled in a stream of thoughts which are unhelpful to us. This helps us to stand back from our thoughts, and start to see emerging patterns. Gradually, we can train ourselves to notice when our thoughts are taking over, and realise that thoughts are simply ‘mental events’ that do not control us.

Most of us have issues that we find hard to let go, and mindfulness can help us deal with them more productively. From this, we can ask “Is trying to solve this by brooding over it helpful, or am I just getting caught up in my thoughts”

Mindfulness can be applied to all aspects of your life. This includes mindful thinking, mindful movement, mindful breathing and mindful senses.
How can I be mindful?

You can practice mindfulness through a variety of exercises.

It is helpful to read the instructions before and gradually learn them off by heart. Alternatively ask someone to read out the instructions for you, or record your voice.

How can I breathe mindfully?

- Find a quiet space where you won’t be disturbed.
- Sit comfortably, with your eyes closed or lowered and your back straight.
- Bring attention to your breathing. Not changing the breath in any way, just experiencing it, allowing it to be as you find it.
- Notice the natural, gentle rhythm of your breathing as you breathe in and out, and focus only on this. Simply be aware of the breath, and the feelings associated with breathing.
- Allowing the breath to remind you, over and over again, to be fully present.
- Right here, right now.
- Just this breath, just this moment.
- Thoughts will come into your mind, and that’s okay, because that’s what the mind does, it wanders. Just notice these thoughts then bring your attention back to your breathing.
- You may notice sounds, physical feelings and emotions, but again let them drift on by; bringing back your attention back to your breathing.
- Whenever you notice that your attention has drifted off and is becoming caught up in your thoughts or feelings, simply note that this has happened, and then gently bring your attention back to your breathing.
- Thoughts will enter your awareness, and your attention will follow them.
- No matter how many times this happens, just keep bringing your attention back to your breathing. If you are very distracted, it might help to say ‘in’ and ‘out’ as you breathe.

The more you practise this exercise, the more it will help you manage your anxiety. At least 5-10 minutes a day is recommended.
How can I think mindfully?

- Focus on the present moment.
- When you feel like your mind is bombarding you with thoughts or worries.
- Remember: Our minds wander because that is what minds do.
- When focusing consciously on one aspect like our breath, our brain wanders and seeks new stimuli.
- Now, focus on the thinking process itself.
- Let your breathing and sense of your body and sounds be in the background, and allow the thinking process itself to become the centre of your attention for the moment.
- Rather than following individual thoughts to lead you off on a train of thoughts, see if it’s possible to just sit and watch, sit and notice what thoughts bubble up into consciousness.
- Not getting involved in the content and going from one thought to the next but just seeing and labelling each thought as it comes up in the mind as a thought, as an event. Just as a sound would be an observable event and letting the thoughts come and go.
- Imagine you are sitting by a gently flowing stream where there are leaves floating on the stream. Take every thought that pops into your head whether it’s a picture or a word and place it on top of a leaf and watch it float by down the stream.
- Letting go of each thought that arises, just sitting with this awareness of thoughts, coming and going, observing them.
- If you find yourself at any point drawn into the train of thoughts, just come back to the observation of thoughts as events, using your breathing and a sense of your body to anchor you and stabilise you in the present moment.
Coping with the emotions associated with anxiety can seem very overwhelming.

It is important to remember that **anxiety is common**.

Pent up emotions can help to feed anxiety, and so it is important to be able to vent your emotions by either telling someone or by carrying out certain activities, such as exercise.

Talking to someone is a one effective way to cope with the emotional effects of anxiety.

Here are some ideas:

- Talking to friends and family
- Writing a diary
- Create a practical step-by-step solution when you are feeling anxious so the feelings do not overwhelm you
- Practise mindfulness
- Exercise

It is important to make time to relax and do activities that are enjoyable. This can help to reduce your anxiety levels by calming the body and the mind. It can also help you sleep. Without taking the time to unwind, it is easy to feel overwhelmed and stressed. Relaxation can involve doing something you enjoy, or just being by yourself. Doing an activity will give you less time to worry, and gives you something to look forward and give you a break.

Here are some ideas:

- Do some exercise (e.g. swim, cycle, run)
- Read a book
- Watch your favourite TV show
- Go to the cinema
- Do something creative (e.g. draw, paint)
- Visit a friend or family member
- Have a bath
Acknowledgements

We would like to acknowledge Dr Michelle Sowden and Dr Elizabeth Chorlton and Dr Michelle Conn, at the Department of Psychological Medicine at Frimley Park Hospital for helping us to develop and review this resource.

Final word

We hope you have found the information in this booklet useful. You can continue to use the techniques you found helpful. Some of the techniques may take some time to be effective, so it is perhaps worth trying them out for a few weeks.

However, if you feel your situation feels largely unchanged or if you didn’t find this booklet useful, you should raise this issue to the clinical psychologist at your appointment, or speak to your GP who can tell you more about other options which you may find helpful.

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<tr>
<th>Author</th>
<th>Afikha Islam, Kim-Sue Strudwick, Karen O’Reilly</th>
<th>Version</th>
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<td>Last review date /published date</td>
<td>Nov 2014</td>
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