

ANXIETY

FIRST AID KIT



1

REDUCE TENSION IN YOUR BODY

Breathe in and hold your breath gently until you can feel it wants to leave your body.

Exhale. Count: 1, 2, 3. Now inhale gently.

Take normal sized breaths at a normal speed.

Drop your shoulders, relax your arms and legs.

2

RETUNE YOUR INNER RADIO TO A NEW CHANNEL

Acknowledge unhelpful thoughts that are stressing you out but walk away without engaging them.

Retune your "inner radio" to a different channel.

Focus your attention on what is happening right now.

What are you supposed to be doing right now?

What can you hear / see around you?

3

TAP

Learn the tapping points, and tap whenever you feel nervous or anxious.

4

TAKE ACTION

Do something that is helpful and boosts how you feel, or that gives you a sense of fun or achievement,

Do something you don't usually do.

Alternatively do something familiar but in a different way.

Make plans to do things you have been avoiding,

5

FACE IT, FIX IT, OR FORGET IT.

Face it: Stand up to the thing you're scared of.

Ask for support if you want or need it, but confront the problem.

Fix it: Break it down! Even a lion can only eat an elephant one chunk at a time. Make a plan and carry it out. Deal with the problem and end the worry.

Forget it: Train your mind to overcome anxious thoughts.

If you can't sleep, get up, write your worries down and promise yourself to deal with them in the morning.