

# 6 Ways to help manage anxiety and stress

When times feel difficult or challenging, we can easily feel overwhelmed with life and the expectations we hold of ourselves.

Currently, we are experiencing lots of change to our daily routines and this can feel stressful at times.

Here are some things you can do each day to help manage your feelings, from Camden Learning

## 7/11 Breathing

During times of worry, breathing can become fast and shallow. Try deliberately breathing slow and deeper like this:

- Breathe in through your nose
- Hold the breath there for 7 seconds
- Breathe out through your mouth for 11 seconds
- You can practice building up to this, by first breathing in for 5 seconds and out for 9 seconds



## Keep Active

- Try and do one form of exercise every day – this could be running, jogging, yoga, dancing or playing a sport.
- When we get moving, we release hormones, which help us to feel good and more energised.



## Use Creative Arts

When we carry out creative activities, we can often feel the therapeutic benefits and doing these things can help us to feel calm and more relaxed:

- Drawing
- Colouring or painting
- Clay modelling
- Playing an instrument
- Listening to music

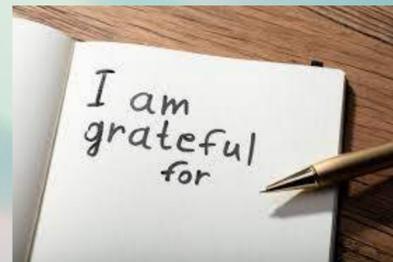


## Gratitude Writing

- At the end of each day, take some time to write down or share with your family or friends, things that happened that you appreciated or felt grateful for.

For example:

- 3 things that made me smile today are...
- 3 things that I am thankful today are...
- 3 people in my life I appreciate are...



## Practice Mindfulness

- Take some time out for yourself to notice your thoughts, feelings and physical sensations as they happen.
- The goal isn't to clear your mind or stop thinking but to be aware of your thoughts and feelings, rather than getting lost in them.



## Plan Worry Time

- Set aside some time each day to think about your worries
- Even 10 minutes each evening to write them down or go over them in your head can help stop you feeling overwhelmed
- You might find it helpful to write down your worries and then throw them away afterwards
- You could also talk to someone about them and think about possible solutions to your worries
- Try to avoid worrying about things that are outside of your control



**For further information or support:**