



# Why should you talk about anxiety?

**People who care about you will want to help you.**

Talking to someone and connecting about your fears or worries can reduce physical, emotional strain, and can help with plans and any confusion you may be feeling.





# How can learning help support anxiety?

**Learning new things can boost self-esteem.**

Noticing anything new you have learnt, either in a conversation, class or activity, will boost your self-esteem, and knowledge of your abilities and strengths.

We are always learning about ourselves, others and the world.





# How can giving back help anxiety?

**Giving back and helping others makes us feel more grateful.**

Giving and helping others like volunteering, or helping someone, boost our grateful hormones dopamine and serotonin.

Acts of kindness and support improve the mental health and wellbeing of all.



# Why being active helps anxiety?

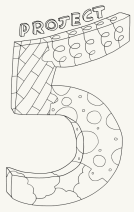


**It boosts mood elevating chemicals and hormones.**

Exercise reduces stress hormone levels of cortisol and adrenaline replacing them with feel good, mood boosting endorphins.

Regular exercise promotes sleep, and is great for your self-esteem .





# ...and breathe....

## Take time to calm

Hold a warm mug of something you enjoy to drink....say to yourself:

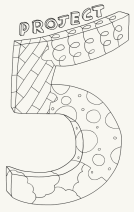
"I am warm"

Smell the drink,  
slow breath in....

Cool the drink,  
slow breath out....

and repeat 3 times....





# ...and breathe....

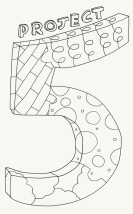


## Heart hug

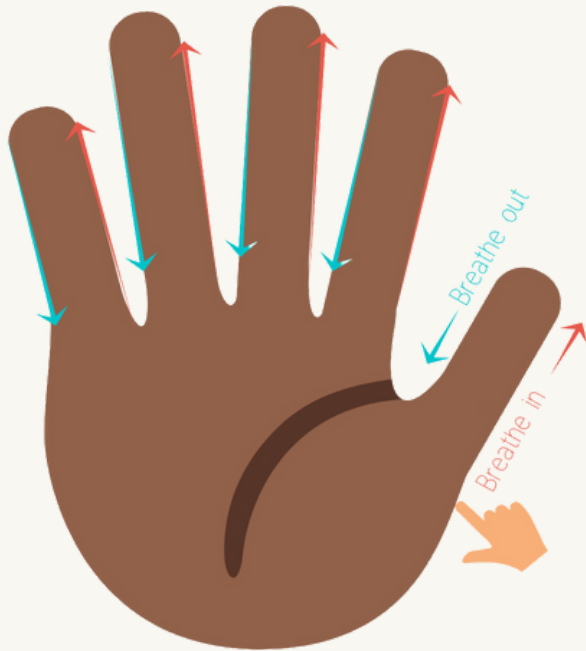
Cross your arms and place each hand on your upper arms or under your armpits. Breathe deeply and hold.

Oxytocin released from this activity will promote warmth, comfort and support.





# ...and breathe....

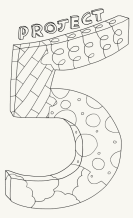


## Five Finger Breathe

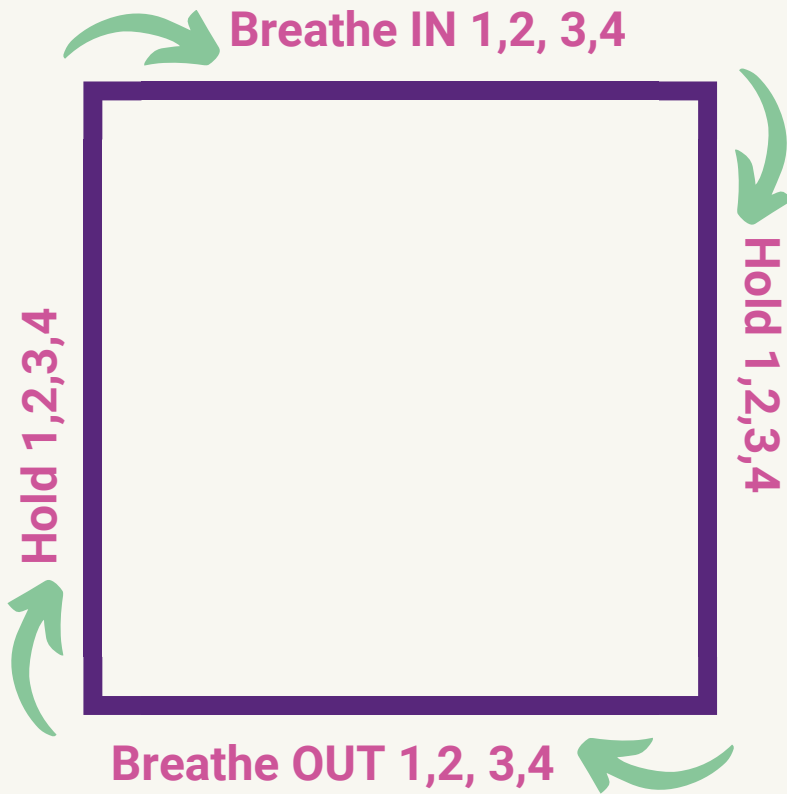
Breathing helps relax  
and control emotions.

Remember, breathing is  
the single most  
important physical  
act we can do daily.





# ...and breathe....



## Square Breathe

Breathing helps relax and control emotions.

Remember, breathing is the single most important physical act we can do daily.

