

Strategies for Managing Anxiety

What is anxiety?

Anxiety is a normal response to stress or uncertainty, but too much of it can become overwhelming and interfere with daily life and well-being. We've provided some strategies for managing anxiety below.

It's important to remember that managing anxiety takes time. Using the strategies below regularly over time can help you manage and reduce your anxiety.

1

Practice relaxation strategies including deep abdominal breathing, meditation, mindfulness, progressive muscle relaxation on a regular basis. Five minutes of these daily is better than once a week or monthly.

2

Become aware of your triggers and ways to manage them can help you feel more in control of your anxiety and experience less anxiety as a result.

3

Self-care is really important for managing anxiety. Making sure that you exercise (for example walking, swimming, yoga), eat a healthy and balanced diet, get enough sleep at the right time (around eight hours generally between the hours of 10pm and 6am), and reducing your intake of drugs and alcohol will reduce the amount of anxiety you feel and help you better manage the anxiety that you do experience.



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4

Challenge unhelpful thoughts. Negative thoughts can result in more anxiety. It can be helpful to challenge these thoughts with regard to how realistic they are and replace them with more balanced and realistic thoughts.

6

Remember you don't have to pay attention to negative thoughts. Mindfulness can help you let go of negative thoughts, therefore reducing their impact on you.

7

Avoid avoidance. Sometimes our anxiety can be maintained as we are avoiding things. By taking some small steps towards the thing that makes us anxious and actually doing it, we can reduce our anxiety.



Axis Clinic Community

A Psychologist's Guide to Managing Panic Attacks

Take back control and let go of fear! Take this short course to gain a deeper understanding of what a panic attack is, explore the physiological symptoms and create your own self management plan.

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Accessing support for your mental health

For personalised support with a psychologist or therapist, you can contact us on [07 3254 0333](tel:0732540333) to request an appointment through your Employee Assistance Program. For more information visit www.axisclinic.com.au