

TIPS ON HOW TO MANAGE ANXIETY

- Brain Dump - write down what you're anxious about
- Worry Time - schedule a specific time of day to think about your worries
- Identify what triggers your anxiety as everyone is different
- Practice mindfulness and grounding techniques
- Work on challenging your negative thoughts
- In regard to your worries, think about what's within your control and what you cannot control



Contact Us

📍 23 Carter Street
Uttoxeter
Staffordshire
ST14 8EY

✉ hello@yess.uk
📱 www.yess.uk
☎ 01889 567 756



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YOUR EMOTIONAL SUPPORT SERVICE



LET'S TALK ABOUT... ANXIETY




INFORMATION AND
SUPPORT FOR DEALING
WITH ANXIETY

WHAT IS ANXIETY?

-  A natural human response when we feel that we are under threat.
-  A feeling of apprehension, fear or worry, and a sense of impending doom
-  1 in 4 people experience anxiety regularly, and it is the most common mental health issue



WHY DO WE FEEL ANXIOUS?

-  Anxiety is **adaptive** - it's a system our bodies have evolved in order to help us deal with danger
-  When our bodies feel anxiety, it triggers our **fight-flight-freeze response** - this is how our bodies prepare to **defend** itself when it thinks it's in danger!
-  Often with anxiety, we aren't in any *real* danger but our brain and body acts as if we are

WHAT DOES IT FEEL LIKE?

Anxiety can vary from person-to-person, but here are some common ways it can make people feel...

- Struggle to sleep 
- Butterflies in stomach 
- Feel dizzy/shaky 
- Unable to focus 
- Fast heartbeat 
- Sweating, hot flushes 
- Feeling 'on edge' 
- Loss of appetite 
- Restlessness/fidgeting 
- Feeling irritable 

APPS FOR ANXIETY



ClearFear



HeadSpace



Tappy
Haptic Fidgeter



FIGHT

You get angry, irritable, snappy, start to shout, lose your temper



FLIGHT

You want to run away from or avoid situations, make excuses not to go



FREEZE

Your mind goes blank, feel like you can't move or talk, feel stuck