

Tools For Managing: **Anxiety**

CBT based exercises to help you manage symptoms of anxiety and worry

Keep a Thought Diary

Keeping a Thought Diary might help to make a note of what tends to be happening when you get anxious or have a panic attack. This could help you spot patterns in what triggers these experiences for you, or notice early signs that they are beginning to happen. You could also make a note of what's going well. Living with anxiety can mean you think a lot about things that worry you or are hard to do. It's important to be kind to yourself and notice the good things too.

'P.O.W.E.R!' Use this exercise to help you choose when and how to react to your worries and feelings

P: Pause your thought process and relax your muscles

O: Observe your breathing while still allowing your thoughts and feelings to simply exist

W: Weigh up your options - if you were giving advice what would you suggest?

E: Experience your suggested advice, but try it out with only a small step at first.

R: Review whether that step helped. What was most helpful? What will you do next?

Try a Breathing Exercise

Breathing exercises can help you cope and feel more in control. Breathe... always remember to breathe. Take time to inhale. It's the simplest thing, but is forgotten in panic attacks.

Five Finger Breathing:

1. Hold one of your hands outstretched.
2. Using the finger on your other hand, trace slowly up and down your outstretched fingers one at a time.
3. As you slowly go up a finger, take a slow deep breath in.
4. As you go slowly down the other side, gently let that breath out. Repeat five times for all five fingers.



How can I look after my wellbeing to support my anxiety?

Get good sleep:

Try to get enough sleep. Sleep can give you the energy to cope with difficult feelings and experiences. Build a good sleep routine by turning off electronics an hour before bed, maybe pick up a book and a warm milky drink to help you prepare for bed.

Move your body:

Try to build some physical activity in to your day. Exercise can be really helpful for your mental wellbeing. Why not join us on one of our MindSpace walks, and enjoy some friendly company and space to talk while getting fresh air and moving your body.

Reduce your use of stimulants:

Cutting down on stimulants like coffee, nicotine and alcohol will help with anxiety. All stimulants have the potential to trigger feelings of anxiety.

Talk to someone you trust:

It may be that just having someone listen to you and show they care can help in itself. If you aren't able to open up to someone close to you, the Derbyshire Mental Health Helpline and Anxiety UK both run helplines that you can call to talk to someone.

Services and Contact Numbers

Derbyshire Mind Services:

Supported Self Help service: A free 6-week guided self-help programme with our Mental Health Practitioners that empowers you to discover tools that support and improve your mental health. Learn more and book on: www.derbyshiremind.org.uk/supportedselfhelp
Or email us at: supportedselfhelp@derbyshiremind.org.uk

Mental Wellbeing Groups: We offer a range of enjoyable groups across Derby including Mindful Crafts at the Quad, Green Connections in Derby and South Derbyshire, and our MindSpace walk-and-talks at Markeaton Park. Find out more about all of our activities and groups designed to boost mood. Visit www.derbyshiremind.org.uk/mentalwellbeing

Other Local Services:

Derbyshire Recovery and Peer Support Service: A number of groups offering targeted goal-focused support, peer support and volunteer opportunities across Derbyshire. Find out more: Phone: 01773 734989. Email: DerbyshireRecoveryPeerSupportService@rethink.org

Derbyshire Mental Health Helpline: Get round-the-clock help and advice from trained professionals if you are struggling to cope. Open 24/7. Call: 0800 028 0077

National Helpline Services:

Anxiety UK: Advice and support for people living with anxiety. Call: 03444 775 774
Text: 07537 416 905. Visit: www.anxietyuk.org.uk

Shout: The UK's first 24/7 text mental health service, free on all mobiles, for anyone in crisis. Text: 85258