



Free anxiety toolkit for coping with anxiety

Practical tools for managing stress & anxiety

1. Understanding anxiety

Anxiety is your body's response to stress and uncomfortable situations, but it can sometimes feel overwhelming.

Common signs of anxiety include:

- Racing thoughts
- Rapid heartbeat
- Restlessness
- Difficulty sleeping

2. Quick calm-down techniques

When anxiety hits try the below:

1. Take slow deep breaths, then followed by a long exhale that is not rushed. This helps to release the fight and freeze mode and activates a calming effect on your body's system.
2. Name 5 things you see around you. This helps to take your focus away from the perceived threat and bring you to the actual present moment.
3. If you're somewhere close to nature, trees, a river or even bare ground, sit and ground your body. This releases the excess energy being generated by your anxious body or state.

4. Remind yourself that you are safe. You can do this by repeating out loud or internally in your mind *"I am safe."* Repeat for a couple of times until you feel your body calming down.

A few long-term coping strategies for those living with anxiety include:

- Journaling your thoughts frequently eg once a day
- Talking to someone - a friend, lover, colleague or therapist
- Reducing caffeine intake - to reduce the jitters
- Taking breaks in between activities during the day
- Practicing mindfulness

Always have grace with yourself and remind yourself the below:

- ★ I am doing my best
- ★ This feeling will pass
- ★ I am not alone

Remember, our therapists at Normalize Therapy are always here to support you.

With love,



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Become a better you