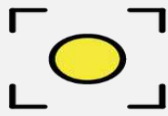


Feeling anxious?

Anxiety is something everyone experiences at times, and feeling anxious is a perfectly natural reaction to some situations.

Top tips to cope with anxiety



Shift your focus

Some people find relaxation, mindfulness or breathing exercises helpful. They reduce tension and focus our awareness on the present moment.

[Try NHS-recommended relaxation exercises](#)



Challenge your anxious thoughts

Tackling unhelpful thoughts is one of the best things we can do to feel less anxious. Watch the video to find out more.

[Video: Reframing unhelpful thoughts](#)



Make time for worries

If your worry feels overwhelming and takes over your day, setting specific "worry time" to go through your concerns each day can help you to focus on other things. Watch the video for more advice.

[Video: Tackle your worries](#)

Feeling anxious?

Sometimes feelings of anxiety can be constant, overwhelming or out of proportion to the situation and this can affect your daily life.

The good news is there are plenty of things you can try to help cope with anxiety.

More top tips to cope with anxiety



Understand your anxiety

Try keeping a diary of what you are doing and how you feel at different times to help identify what's affecting you and what you need to take action on.



Face the things you want to avoid

It's easy to avoid situations, or rely on habits that make us feel safer, but these can keep anxiety going. By slowly building up time in worrying situations, anxious feelings will gradually reduce and you will see these situations are OK.



Look at the bigger picture

If we feel anxious about a situation, we might get stuck on the details and stop seeing things rationally. Thinking about your problem or situation from someone else's view can make it easier to come up with a plan. What advice would you give to a friend or family member?