

Top tips for Managing Anxiety



Keep your mind focused on the present moment, and what you can currently control.



Try not to overcheck the news, and only seek information from reliable sources.



Talk about how you're feeling and reach out if you need help.



Learn some relaxation techniques; try a yoga class or some mindfulness.



Distract yourself from worries by doing something else. Absorb yourself in a hobby, get some exercise, watch a film, or chat with friends.



Be kind to yourself and other people; self-criticism reinforces anxiety, so don't be too hard on yourself.



Share your worries with friends and colleagues.

You can find further information on the National Wellbeing Hub website:

www.nationalwellbeinghub.scot