

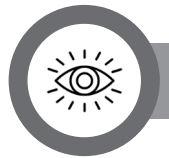


# KILBREDA COLLEGE WELLBEING ANXIETY BUSTING TIPS

Anxiety is a common experience - everyone feels anxious from time to time. Anxiety can be helpful in keeping us safe and performing well. However, when the feelings of fear and worry persist over a prolonged period of time and cause extreme distress and interferes with our daily activities and wellbeing, anxiety can become problematic.

For some of us, the prolonged lockdowns have caused considerable stress and resulted in elevated levels of anxiety.

➔ Here are some tips for busting anxiety:



## Stay focused on the here and now

- Ground yourself by connecting to your environment.
- What are 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste?



## Take 5 slow deep breathes

- A simple technique that's excellent for managing emotions.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight.



## Keep a routine

- Helps with managing the unpredictability and uncertainty and provides you with a sense of control.
- Wake up and go to bed on time.



## Look after your body

- **Eat a balanced diet**  
Improves energy and contributes to a good mood.  
Avoid caffeine.
- **Sleep**  
Sleeping well is an important aspect of managing anxiety.  
Aim for 8 - 11 hours of sleep.
- **Exercise**  
Helps to clear your mind and fire up your endorphins – walking, running, bike riding, dancing, shooting hoops in the yard etc.



## Supportive self-talk

- Helps you to accept your feelings and get through the wave of anxiety until it passes.
- Use statements such as “Just let my body do it's thing, this will pass” ,“These feelings are uncomfortable but I can handle them”, “I can slow down, breathe and let my anxious thoughts go” and “I'll deal with this one day at a time”.



### **Do a random act of kindness**

- When we help other people it also helps us to feel better.
- Post a positive note, give someone a compliment, help make dinner.



### **Distract yourself with something fun**

- Read a magazine, bake, do a puzzle - word search/spot the difference/sudoku puzzle, play a card or board game, knit or crochet, watch a movie/series, paint.



### **Music**

- Music is the language of the soul. It can move you to an inner space beyond your anxiety and worries.
- Create a relaxing play list to transport you to a place of calm.



### **Be aware of your negative thoughts and don't give them too much power**

- Just because we are thinking something does not mean it is true.
- Notice your worrying thought and take a step back and let it pass, like watching your thought pass by on a cloud.



### **Journal**

- A powerful tool for examining our anxious thoughts and shifting them to action-orientated and empowering thoughts through writing and reflecting.
- Use an app on your phone or find a notebook to write in.



### **Yoga**

- Yoga postures provide an effective means to increase fitness, flexibility and relaxation.
- Try out some online yoga videos – Eg. Yoga Journal.



### **Time management**

- Channel your anxiety into action by creating a schedule and sticking to it.
- Scheduling your day provides some sense of control and can give you a feeling of accomplishment at the end of it.
- Make sure you include something enjoyable in your day – use a daily planner / to do list.



### **Practice Mindfulness**

- Practice bringing your awareness into the present moment by consciously focussing on an activity - mindful colouring or go on a mindful walk.



### **Stay connected**

- Find a support person you can speak with, who will listen – parent, friend, extended family.



### **Connect with nature**

- Being in nature not only makes you feel better emotionally but also contributes to your overall physical wellbeing.
- Take a walk in the park - smell the flowers, walk at the beach – listen to the waves and look at the shells.



### Visualisation

- Thoughts are powerful and can change how you feel. If you think of something sad, you will most probably start to feel sad.
- The opposite is also true, so when you think of something peaceful and happy, you will feel relaxed. Think of a place that you find comforting.
- It could be a beach, a forest, or the snow. For 5 to 10 minutes, close your eyes and use all your senses to really imagine this setting in great detail.



### Progressive Muscle Relaxation

- Helps to reduce muscle tension.
- By tensing and relaxing the muscles throughout your body, you can achieve a powerful feeling of relaxation.
- Start at your toes up to your legs, hips, stomach, chest, arms, hands, neck and head.



### Meditation

- This process allows you to completely stop, let go of your thoughts about the past or future and simply focus on the here and now.
- Meditation brings you to a place of just being and is helpful to calm an anxious, busy mind.
- There are many helpful Apps to use (refer to App list below) or free guided meditations/visualisations on YouTube.



### Try these helpful Apps that can be downloaded on your Smart Phone:

- **Talking Anxiety:** This phone app can help young people and families understand anxiety. It includes videos of people explaining the tips that worked for them, four sections cover a comprehensive range of topics, quizzes to test your own progress, and an optional Daily Tip sent to your iPad or iPhone.
- **Mind jar:** A simple visual tool for primary and secondary school children to mindfully reduce anxiety and tension.
- **MoodGYM:** A really useful CBT interactive programme for those experiencing depression and anxiety.
- **Insight Timer:** Free App focusing on assisting with sleep, anxiety and stress including playlists, timers and activities for young people
- **Inner Hour:** Offers courses and tools to assist with anxiety and promote self-care
- **Smiling Mind:** Smiling Mind is a modern meditation for children and young people. It's a simple tool that gives a sense of calm, clarity and contentment.



### Helpful programs:

- **Bite Back:** Black Dog Institute's Free self guided online wellbeing and resilience program. Assists with decreasing symptoms of anxiety and improve wellbeing. [www.biteback.org.au](http://www.biteback.org.au)
- **This Way Up:** Website with access to free online tools and practical ways to protect your mental health. [www.thiswayup.org.au](http://www.thiswayup.org.au)



- If your anxiety persists and you require further support, please seek help from a trained mental health professional.
- As well as your GP, there are other health professionals who can help with anxiety, including psychologists and counsellors.
- Online Psychology sessions are also available at [www.someone.health](http://www.someone.health)

### Helplines:

- Lifeline 13 11 14 or [www.lifeline.org.au](http://www.lifeline.org.au)
- Kids Helpline 1800 55 1800 or [kidshelpline.com.au](http://kidshelpline.com.au)
- Beyond Blue 1300 22 4636 or online chat on [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Parentline Australia 1300 301 300
- Headspace: Online chat on [headspace.org.au/eheadspace](http://headspace.org.au/eheadspace)