

Ever feel your heart beat too fast...

Feel frozen to the spot...

Feel confused and out of place?

Dreading Everything?

We at **Aurora** know what
anxiety can feel like.

Here's some life-changing tips on

How to cope with anxiety...

Let's start...

Be patient and
be kind to yourself.



Seek help when
you need it.

Slow Deep Breathing

Deliberately slow your breathing down.



Try breathing from your belly instead of your chest

Do what you enjoy

Take time out just for yourself.



Allocate some time every day
to do what you like.

Exercise

Try starting with a simple walk for 20 minutes every day.



Burn those stress chemicals!

Good sleep

A good night's sleep gets you ready to take on challenges.



Get 7-9 hours of sleep
to work at your best.

Positive self-talk

Create a mantra against
negative self-talks



Practice replacing harmful thoughts
with your mantra

Write it out

Writing out your feelings on paper can help you express



It can also help you understand about your anxiety and triggers

Be introspective

Ask yourself why your thoughts overpower you.



Get to the root cause.

Be mindful

Be aware of the present moment through your senses



Notice your bodily sensations and do not jump to the worst possible thoughts

Get help

Reach out to others



We at Aurora are always here for you.

Read more about this on: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/anxiety-treatment-options>



Want to know more about anxiety? Here are some resources:

- <https://thiswayup.org.au/how-do-you-feel/worried/>
- <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/anxiety-treatment-options>
- <https://www.mentalhealth.org.uk/publications/overcome-fear-anxiety>
- <https://www.anxiety.org/what-is-anxiety>
- <https://www.beyondblue.org.au/the-facts/anxiety/treatments-for-anxiety/anxiety-management-strategies>
- <https://www.psychotherapynetworker.org/magazine/article/774/10-best-ever-anxiety-management-techniques>