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

Take time out just for yourself.

enjoy



Allocate some time every day

to do what you like.

Read more about this on: https://www.beyondblue.org.au/the-facts/anxiety/treatments-for-anxiety/anxiety-management-strategies

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

Read more about this on: https://www.psychotherapynetworker.org/magazine/article/774/10-best-ever-anxiety-management-techniques

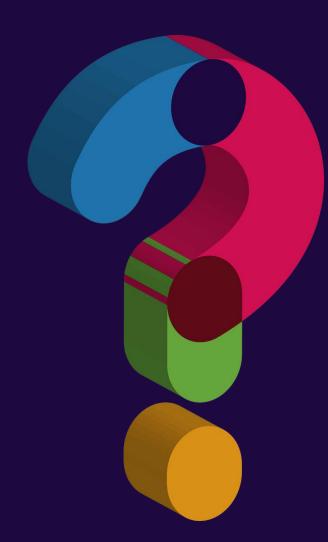
Get help

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-fearanxiety
- https://www.anxiety.org/what-is-anxiety
- https://www.beyondblue.org.au/the-facts/anxiety/treatments-foranxiety/anxiety-management-strategies
- https://www.psychotherapynetworker.org/magazine/article/774/10-best-ever-anxiety-management-techniques