TIPS TO EASE YOUR ANXIETY

1. Slow down your movements, which in turn slows down your mind

2. Monitor the amount of news and social media you watch – too much can fuel our anxiety

3. Create a routine that fits with the reality of your current life

4. Tune in to your senses – notice 3 things you can see; 3 things you can hear; 3 things you can feel

5. Practice self-compassion – do not compare how you are coping to how others are managing

6. Challenging your thoughts (mental events) – are they reality – what evidence do you have? Are they helpful? Can you let them go?