

Breathe

Daily practice at deep breathing helps to relax our mind and body. It is also a really useful technique to help us deal with stressful situations.

Try:

- Breathing in for 6 seconds, hold for 2, breathe out for 6 seconds. Repeat this 10 times.

Worry time

Let your worries out each day but for a limited period of time.

Try:

- Talking to someone or writing it down
- Sticking to 20 minutes
- Use realistic thinking (see the 'Be realistic' box) to help you with these worries.

Relax

How busy is your schedule? Don't jam pack every moment with planned activities.

Do:

- Have time to relax and do something you enjoy everyday
- Make sure that you have a good bedtime routine. See 10 ways to encourage sleep guide

Positive thinking

We can exercise control over our thoughts. Tell yourself positive things to help you get through worrying situations.

Try:

- To find a phrase that works for you. E.g...
- 'I can do this'.
- 'I am going to try my best'.
- 'This situation will only last for x amount of time'.

10 ways to face anxiety

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Turn off devices

Spend time away from electronic devices that are addictive, can affect sleep and the way we feel about ourselves.

Try:

- Switching off devices for at least an hour each evening.
- Put your devices away by 9pm
- Leave your phone downstairs to charge or where you can't reach it from bed.

Absorbing activities

Activities that take our mind off things because they need us to concentrate.

For example try:

- Colouring for calm
- Craft/art activities
- Baking/reading
- Helping others—acts of kindness

Mindfulness

Mindfulness encourages people to be present in the moment rather than remembering past experiences or worrying about the future.

Try:

- Downloading an app such as *Smiling Mind* or *Headspace* and using it daily.
- Meditations from You Tube.

Be realistic

Thoughts make us worry. Practise challenging these thoughts and try to replace them with a calmer more likely (realistic) thought.

Try:

- To find evidence for your worried thought
- What has happened before in this situation?
- Think about what is most likely to happen.

Exercise

Regular exercise boosts confidence and releases endorphins it also gives you time and space.

Try:

- To find an activity that suits you
- Consider doing something alone or with friends or family
- Make it part of your weekly routine.

Did you know?

We have created a number of these leaflets to help with a variety of issues. The full list of topics is on the back of this leaflet.

If you drop us an email we will send them to you.

Goal setting

Facing fears can be really hard. Set a goal for something that you want to do and break it down into small steps using a stepladder approach.

Try:

- To become comfortable with each step up the ladder before you move on.
- Reward yourself when you achieve a step.

Helping someone with anxiety

Be reliable -Be someone they can depend on. By letting them know that you are always there, should they need you, can act as a real reassurance.

Ask how you can help-What can be helpful for some people may not be for others. Always *ask* what you can do rather than simply handing out advice. Some people may not be able to tell you exactly how you can help, but it's good to allow them to try.

Encourage them to try new things- Trying something new can be a great distraction. Is there an art class they have always wanted to try or maybe something that they have never thought about giving a go? The great thing about this is that it could be something that you could do together.

Don't only focus on anxiety- While it's important that individuals feels comfortable opening up about anxiety, try to make sure that is not the only thing that your relationship focuses on. Remind them that anxiety does not define a person; they are much more than anxiety. Encourage doing things that they enjoy, exercising, spending time outdoors and socialising. These can all act as a good distraction.

Encourage them to explore support options- There are a range of support options available for those experiencing anxiety, stress and anxiety based depression, and different options can work for different people. Whether it's *self-help resources*, support groups or accessing *reduced cost therapy* through Anxiety UK, the most important thing is that the person knows that there is help available and it's just about finding what works best for them.

Encourage them to include exercise in their day [Exercise can have a huge impact](#) on a person's mental well-being. Whether it's walking, running or joining a local sports team, exercise is something that you can do together and both feel the benefits from.

Useful websites

<https://youngminds.org.uk/find-help/conditions/anxiety/>

<https://www.nhs.uk/conditions/anxiety-disorders-in-children/>

Other leaflets available

- Loss ● Anger ● Sleep ● Bullying ● Managing Behaviour ● Coping with parents breaking up (leaflets for parents as well) ● Lockdown
 - Self-harming ● Attendance ● Dyslexia ● Dyscalculia ● ASD
 - ADHD ● Depression ● Workload ● Work stress ● Confidence
- Building Confidence

If you would like to receive a copy of any of these 10 Ways To leaflets, please email wellbeing@purbeck.dorset.sch.uk and we will send them to you