

10 WAYS STUDENTS CAN MANAGE ANXIETY



TALK TO SOMEONE

Don't be afraid to talk to someone about your worries. Speak to a friend, teacher or family member who can support you. Don't forget about the amazing mental health charities who are there to help out



SELF CARE

Make sure you are looking after yourself. Your mental health is just as important as your physical health. Bath, go for a walk, see a movie, talk to friends. These are just a few ways that you can look after your well being



EXERCISE

Exercise is great for not only reducing stress and anxiety but for also boosting mood. Schedule time into your week to exercise regularly. Try joining a gym or an exercise class



SLEEP

Aim for at least 7-9 hours of sleep every night



DIET

Eat a well balanced diet. Don't skip meals



PROBLEM SOLVE

Try and come up with possible solutions to your problems



BREATHE

Breathing is a great technique which can help to reduce physiological and psychological arousal.

Deep breathing, progressive muscle relaxation and ration breathing are all great techniques to try out

LEARN



Take time to learn about your anxiety. Understand your triggers and what happens to your body when you feel anxious. This is an important step for understanding how to treat and manage your anxiety



CHALLENGE

Learn how to effectively challenge your thoughts. Ask yourself: 1) Is there any evidence that contradicts this thought? 2) What would you say to a friend who had this thought in a similar situation? How else can you think about the situation?

WORRY TIME



Set aside 20 minutes each day for your worries. When you experience a worry, write it down and postpone it until worry time. In worry time you can deal with your worries and improve your problem solving skills