



# Anxiety

**Anxiety in many ways is a normal part of life. When it impacts our ability to sleep, enjoy life or perform at our best, try these tips.**

1. Limit caffeine to 2-3 drinks a day
2. Reduce alcohol - it might feel like it will help, but it is like wildfire to worry
3. Improving sleep can also improve worry, particularly if anxiety makes it hard to fall asleep. Follow our sleep tips here
4. Observe your thoughts like they were on a projector screen. Gently try to change the wording. For eg, "He/She doesn't like me" might become "I'm not sure what they are thinking"
5. Sort worries into 3 buckets. What is **Within My Control**. What I can **Influence but not Control**. What is **Outside my Control**.
6. If you're recovering from an event or trauma, chat through specific strategies with a counsellor to give yourself the best chance of moving forward healthily
7. Focus on breathing when you feel anxious. Specifically, a long inhalation, followed by a short sharp inhalation. Then a short exhalation out. Repeat 3 times
8. Consider "Where is the evidence for that". Eg "I'm disappointing people.
9. Ask yourself "How can I delay worry about this until I have all the information needed?"
10. If anxiety persists, talk with your GP or psychologist about specific treatments for different kinds of anxiety