



TIPS FOR EMPLOYEES TO MANAGE ANXIETY

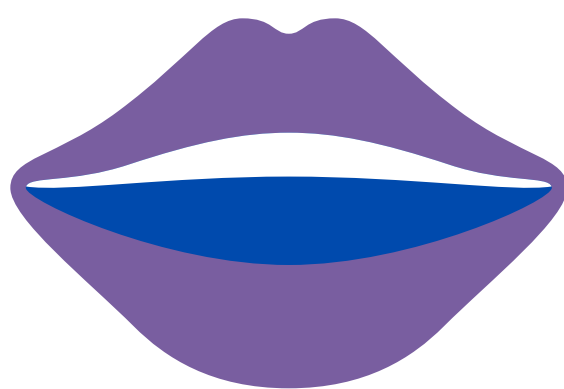


CHECK YOUR THINKING

We respond to the things that we tell ourselves, not the situation. Listen to what you tell yourself and check your thinking regularly

REMEMBER TO BREATHE

Our breath is impacted when anxiety levels rise & becomes rapid & shallow. Use long, slow and deep breaths into the diaphragm



DISTRACT YOURSELF

It's ok to worry, but if it turns into rumination then it's important to distract yourself and take a break from your thoughts e.g get outside or read a book

CHECK THE EVIDENCE

Is your amygdala lying to you or saying you can't cope? Talk to people you trust, gain perspective and study the facts, not the hypotheticals or worst case scenarios



BE PRESENT

When anxiety levels reach a peak, pay attention to things you can see, taste, smell, touch and hear, which helps to ground us.