

MANAGING

Your Anxiety with coming out of lockdown



REMEMBER, YOU ARE NOT ALONE

Many other people feel anxious at the moment and there is lots of support and help available. There is nothing wrong with feeling anxious, talk about it to people you can trust and reach out for support.

USE YOUR BEST COPING STRATEGIES

Do what normally works for you – is it mindfulness, breathing techniques, exercise or engaging in an activity that brings you into the present? Practise these strategies to help lessen the intensity of your anxiety.



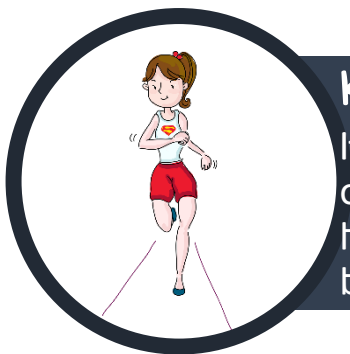
FOCUS ON WHAT YOU CAN CONTROL

There are many things out there that we cannot control, that we don't know for certain. Focus on the things you can control, such as washing your hands, wearing a mask, practising social distancing.



LIMIT THE CAFFEINE

If you are feeling more anxious than usual, also look at your caffeine intake. Coffee can make some people feel more jittery, perhaps replace it with decaf or herbal tea and see if that works for you ...



KEEP MOVING

If you are able to do exercise, either indoors or outdoors (safely), then do so. Movement is a great help to get rid of stress hormones, it does not have to be strenuous or for a long time, do what works for you!

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KEEP A JOURNAL

Keeping a journal helps you to offload those feelings, it also helps to create perspective when you read it later and give you a chance to see if there are any triggers or patterns of anxiety for you.

SCHEDULE YOUR WORRY TIME

If you have a habit of overthinking things when you feel anxious, schedule your worry time. Give yourself a limited time (such as 20 minutes) to worry as much as you want. Then move on to something productive.

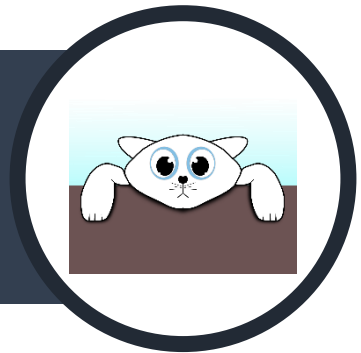


RECOGNISE YOUR SUCCESSES

There will be days when you might feel less anxious, celebrate those days! Give yourself time to stop and enjoy the feeling of emotional wellness on those days or in those moments. Be grateful for them.

IT IS OK TO FEEL WOBBLY

During these challenging times, most people would agree there are some good days and some bad days. It is OK to feel wobbly some days, be kind to yourself of those days and remember, this too will pass.



TAKE SMALL STEPS TO BEGIN WITH

For some people, leaving lockdown is a frightening idea. You might have fears surrounding using public transport or going shopping. If you can, prepare yourself and make small changes over a period of time.

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