

# 6 TOP TIPS TO EASE ANXIETY

Make SELF CARE a priority!



1

## SPEAK TO SOMEONE

Talking to a trusted friend or counsellor about any issues can help you come up with a plan to deal with your anxiety. Call a helpline like Beyond Blue or Lifeline, talk to your doctor, see a counsellor or psychologist to talk through what may be worrying you - LIFELINE 13 11 14 or Beyond Blue 1 300 22 4636



2

## GET ENOUGH SLEEP

Lying awake worrying about things you cannot change will impact your ability to deal with the stressors in your life. Certain psychological techniques like CBT, mindfulness, herbs and supplements may help with getting better sleep.



3

## MOVE YOUR BODY

Exercise can help reduce anxiety and increase the feel good chemicals in the body. Getting outside can help increase Vitamin D levels and boost mood. Increased oxygenation and lymphatic flow can help improve energy levels and good feelings.



4

## EAT A BALANCED DIET

Eating a well balanced diet rich in protein, complex carbohydrates and healthy fats will help to support brain health and aid in energy production. It will also stop blood sugar fluctuations which can lead to mood swings.



5

## BE KIND TO YOURSELF

Much of the mental self talk we find ourselves using is negative. Would you talk to your best friend like this? Why are you talking to yourself this way? Practice developing a positive and loving inner voice. Keeping a journal may be helpful.



6

## PRACTICE MINDFULNESS

Meditation and Mindfulness can help us feel calmer and happier. It can help to put things into perspective and find clarity in confusing situations. Mindfulness has been shown to reduce feelings of anxiety and aid in restful sleep. Why not join a local group or download an app like INSIGHT TIMER.