

Anxiety

Anxiety affects many of us in different ways. Most people don't talk about their anxiety and so it can feel like they're the only one. However, statistics suggest that around 1 in 6 people experience anxiety, which means that today you are likely to have crossed paths with someone else who is suffering from it.

The good news is that there are many things you can do to help.

Here are 7 top tips to improve your anxiety:

1. Breathe slowly from your diaphragm and bring attention to where in your body you feel anxious until your symptoms start to lessen.
2. Watch what you eat. Consume mood-boosting foods such as nuts, dark green vegetables, and citrus fruits. Take care not to take too much caffeine or alcohol.
3. Keep busy and set yourself goals. Activities, which involve helping others, are more productive and keep your mind off your anxiety, and watching a film can help distance yourself from your thoughts. Exercise also reduces muscle tension and triggers the feel-good chemicals in your brain and exercising outside is better still, as the unfamiliar surroundings will refresh your body and mind.
4. Confront your fears, step-by-step, and they will start to diminish.
5. Try to cultivate an "attitude of gratitude" - be grateful for positives. Every night before bed, think about three good things in your life, however small and insignificant. Also try to stop the 'What if' thoughts (e.g. 'What if I fail?') as they are a waste of time and keep your anxiety alive. Instead, talk to yourself using positive affirmations and repeating mantras such as 'I am okay', as this may change the way you respond to things.
6. Talk to others. Discussing your anxieties with someone you trust, family/friends or a professional, may change how you view them and reduce their intensity.
7. Laugh! Watching comedies or spending time with amusing people will not only reduce anxiety but also boost your immune system and reduce both physical and psychological pain.



Article written by Sophie Driver, a Clinical Associate in Applied Psychology for the Craigie Partnership.

We hope you will find these tips to be helpful. If you would like to make an appointment with Sophie or one of our team then contact the Craigie Partnership on 0131 215 1066 or email info@craigiepartnership.co.uk

This article is part of a series of self-help articles written by Psychologists at the Craigie Partnership. The full series includes:

- Anxiety
- Anger
- Confidence & Self-Esteem
- CVs & Interviews
- Depression
- Sleep Issues
- Stress

You can find out more about the Craigie Partnership and our team on the following websites:

Therapy & Psychological Services: www.edinburghpsychologyservices.co.uk

Careers & Coaching: www.edinburghcoachingservices.co.uk