

# Self help matters.

Helping you to find your solutions

## Anxiety



## Top Tips

**Positive.** Perhaps you're anxious about an exam. You can either tell yourself, "I'm going to screw it up" or "I'm going to be great!" Which works best for you?

**Negative-thinking.** Treat any intrusive negative thoughts as just that – thoughts. Choose a positive thought instead.

**Reality check.** Forget the 'what if'. Get a reality check of the situation. Stay in the here-and-now.

**Self-criticism.** Do you mull over failures and not successes? Is everyone perfect all the time? Even if you feel you didn't handle a situation well in the past, that doesn't mean that this will always be the case. Applaud more of your successes.

**Be mindful.** Anxiety often comes from things from the past or worries about the future. You can't change the past nor can you control the future, so you're stuck in the present. Stay in, and embrace, the here and now.

**Catastrophizing.** Often, we fear the worst of what can happen. "What if I don't know the answer?" But what if you switch this inner voice to "What if I *do* know the answer?"

**Control.** You can't control what the weather will be like tomorrow. Sometimes it's about enjoying "going with the flow", being open to new experiences and being grateful that no one's perfect.

**Behaviour.** If you develop an anxiety habit, do something that changes your psychological state; get out of the room, go for a walk, listen to music, find a distraction or breathe in a new perspective.

**Ally.** Embrace anxiety as your friendly "threat-detector", offer thanks, and bid farewell; it's done its job.

**Anxiety diary.** Keep a diary to monitor when you feel anxious and build up a picture of the sources, reasons or causes. This will help you to prepare to better manage future situations.

**Solutions.** When you know you might get anxious, think of all the ways you can prevent, manage or resolve it. What ideas would your friends suggest? Try them.

**Be calm and carry on.** Monitor your breathing; inhale through your nose slowly, hold for a few moments, and exhale through your mouth slowly. Regulating breathing helps to reduce your heart rate and gives you control and calmness.

**Meditation.** Try some guided meditations. There are loads of free resources on YouTube. Find one that works for you. Try yoga, Pilates, Tai Chi or other grounding activity.

**Rest & Relaxation.** Manage your sleep patterns, eat a healthy diet, exercise appropriately, nurture yourself, do things that nourish you... and have some fun!

## Resources

### MOODZONE

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing.



**Opening Hours:** Online

[www.nhs.uk/conditions/stress-anxiety-depression/](http://www.nhs.uk/conditions/stress-anxiety-depression/)

### NO PANIC

Supports sufferers of panic attacks, phobias & other anxiety disorders, including tranquilliser withdrawal.



Youth Tel: 0330 606 1174 (landline rates apply) Opening Hours: 15.00-18.00 Mon- Fri

Adult Tel: 0844 967 4848 (landline rates apply) Opening Hours: 10.00-22.00 daily

[www.nopanic.org.uk](http://www.nopanic.org.uk)

### MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



**Opening Hours:** Online

<http://mindfulnessforstudents.co.uk/>

### ANXIETY UK

Information and support for anxiety sufferers



**Opening Hours:** Online

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



[www.abdn.ac.uk/infohub/support](http://www.abdn.ac.uk/infohub/support)

### TOGETHER ALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



**Opening Hours:** Online

<https://togetherall.com/en-gb/>

### If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - [www.abdn.ac.uk/counselling](http://www.abdn.ac.uk/counselling)