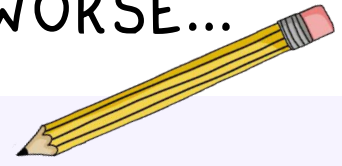


WHAT MAKES ANXIETY WORSE...



- ☐ Too much caffeine
- ☐ Not enough sleep
- ☐ Constantly checking social media
- ☐ Following social media accounts that have you comparing yourself and feeling bad
- ☐ Not exercising/moving your body
- ☐ Not drinking enough water
- ☐ Unhelpful thinking styles
- ☐ Always listening to your inner critic
- ☐ Eating 'unhealthy' foods too often
- ☐ Overthinking
- ☐ Spending too much time thinking about future concerns
- ☐ Avoiding things that make you anxious (yes, it makes it worse in the long run)
- ☐ Not taking medications correctly



- ☐ Trying to control everything
- ☐ Spending too much time worrying about things that are out of your control
- ☐ Perfectionism
- ☐ Skipping meals
- ☐ Overscheduling yourself
- ☐ Poor time management
- ☐ Moving really fast all day
- ☐ Holding muscle tension in your body
- ☐ Not having any downtime
- ☐ Breathing too quickly/taking shallow breaths
- ☐ Trying to please everyone/not having good boundaries
- ☐ Always eating on the go
- ☐ Too much screen time and blue light exposure

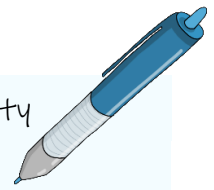
... and probably the fact that this list is so long! Don't worry – there is a "what helps anxiety" list!

WHAT HELPS ANXIETY...

- ☐ Practising coping strategies and calming tools over and over
- ☐ Belly breathing
- ☐ Challenging unhelpful thoughts
- ☐ Facing fears
- ☐ Mindfulness
- ☐ Naming your emotions
- ☐ Not getting attached to thoughts or emotions as 'facts'
- ☐ Chamomile tea
- ☐ Getting enough sleep
- ☐ Drinking enough water
- ☐ Going to counselling/therapy
- ☐ Medication (if needed, wanted, prescribed & taken correctly)
- ☐ Social support – friends & family
- ☐ Exercise
- ☐ Distracting yourself
- ☐ Being outside
- ☐ Journaling
- ☐ Having 30 minutes of quiet time to wind down before bed
- ☐ Aromatherapy
- ☐ Prayer
- ☐ Music
- ☐ Meditation



- ☐ Expressing your anxiety through art
- ☐ Affirmations & coping strategies
- ☐ Dancing
- ☐ Yoga
- ☐ Body scans
- ☐ Kapa haka
- ☐ Singing/waiata
- ☐ Being with animals
- ☐ Sensory grounding exercises
- ☐ Escaping into a book
- ☐ Mindless, light-hearted, funny TV series & movies
- ☐ Anti-inflammatory foods
- ☐ A bath or shower
- ☐ A cold washcloth on the face or back of the neck
- ☐ Technology and social media free time
- ☐ Essential oils
- ☐ Massage
- ☐ Having healthy hobbies
- ☐ Homeopathic & natural remedies, e.g.: rescue remedy & valerian



...Plus, whatever else works for you, find your 'thing'!