



### Take Notice

Anxiety can lead us to think about thing over and over (ruminating). When you catch yourself ruminating, try to write it down and challenge it. Is what you're worrying about likely to happen? Are you being realistic? This can make it easier to challenge the thoughts and stop them from overwhelming you.

### Give

Live in the moment at times. Give yourself time to see what is happening around you, be present and enjoy the experience. Perhaps this means locking away your phone, iPad or other electrical device to take away any tempting distraction.

### Connect

Anxiety can feel very lonely. Connecting with other people can help a lot. Spend time with friends. If you're able to talk to people about how you feel, it can help to reduce your anxiety. Saying your worries out loud can take away its power over you.

### Keep Learning

We can't always avoid things that make us worry, but we can learn strategies to help us manage them, and surround ourselves with some self soothing activities. What activities do you enjoy? Keeping our brains active, learning new things, helps us to grow and can improve our overall resilience.

### Be Active

Taking part in an exercise class needs a bit of concentration, so can take your mind off anxious thoughts. A healthy mind is also helped by a healthy body. Think about the food you eat and try to make some healthy substitutions.

## Wellness Wednesday

The 15th – 22nd May is Mental Health Awareness Week. The week provides an opportunity for the whole of the UK to focus on achieving good mental health and has become one of the biggest awareness weeks across the country. The 2023 theme is Anxiety. This theme aims to increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it becoming a problem.