

Coping Mechanisms for Anxiety



Identify triggers

Identify what triggers your anxiety. This could be constant news notifications or certain words that make you feel particularly worried or concerned. Identifying your triggers helps you to pinpoint where your anxiety is coming from and makes it easier to prevent.

Meditation

Taking the time to be alone with your thoughts might seem counterintuitive when you're suffering from anxiety. But following a guided meditation that helps you to let go of negative thoughts can help greatly.

Yoga

Yoga isn't just an exercise routine. It's centred around breathing, one of the physical contributors to anxiety. Learning to focus on your breath and calm your mind can help you to deal with external stress more effectively.

Diet

Sugar and caffeine can make us feel skittish and unsettled and can often end in an unpleasant 'crash'. Try to stay off refined sugars and opt for decaf coffee and tea. High protein foods help blood sugar levels to stay constant, making it easier to maintain a consistent mood.

Aromatherapy

Scents like lemon, jasmine and lavender, have been found to sooth nerves and have a calming effect on the body. Try using an oil infuser, or if you don't have one, add a sprig of lavender or drop of lemon to some water and inhale for a few minutes.

'Worry time'

Allow yourself time to have a little worry every now and again! It's hard not to worry sometimes and you shouldn't beat yourself up for it. Instead, try to limit the amount of time you spend on negative thoughts by setting aside some dedicated time for your worries.