Feeling anxious?

Try these 5 minute techniques

Anxiety is a feeling of unease, worry or fear. It is a common emotion that many of us experience, but can also present itself as an anxiety disorder. There are various techniques you can try to help reduce the intense physical and emotional feelings you are going through. The following five minute techniques can be repeated as often as they are helpful.

Distraction Techniques

How you do it:
Consciously practicing distraction techniques can help ease anxiety.

- Doodling or mindful colouring
- Drinking cold water
- Listening to music
- Colour counting e.g. how many objects are blue in your surroundings?

How it helps: Distraction techniques are quick and immediate ways to help you focus on something else other than the object or situation that is causing you anxiety.

The 333 Rule

How you do it:
Identify 3 objects around you of varying sizes. Identify 3 sounds. Identify 3 things can you touch or move. Notice the details of the objects and focus on the sensations.

How it helps: The 333 rule brings your attention to the here and now. By observing your surroundings, you are bringing your attention to other senses aside from those you are feeling when experiencing anxiety.

Box Breathing

How you do it:
Breathe in through your nose for 4 seconds, as you fill the air into your lungs, imagine drawing the first side of a square. Now as you imagine drawing the other side of the square, hold your breath for 4 seconds. Continue to alternate as you trace a square shape for as long as needed.

How it helps: Box Breathing helps to return your body to its natural rhythm which in turn restores balance to both your body and mind.

For more information about anxiety, visit: mentalhealth-uk.org/aboutanxiety

Remember: You never have to deal with a mental health condition alone. There is a wide range of support available from people who understand and can help. If you or someone you know is thought to be at immediate risk to themselves or others please call 999.