

Feeling anxious?

Try these 10-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 ten-minute techniques can be repeated as often as needed.



Relaxation

How you do it: Find a quiet, comfortable place to sit where you can safely close your eyes. Take off your shoes and put both feet squarely on the floor. Take a slow deep breath in, whilst clenching/tensing the muscles in your feet. Hold for five seconds then exhale slowly as you release the tension in the muscle group. Repeat this for each muscle group in your body, working up towards your head.

How it helps: It helps you to notice when you are becoming tense and helps calm anxiety-related tension.



Adrenaline

How you do it: When you are starting to feel anxious, do something physically active for 10 minutes to burn off the excess adrenaline your body is producing. This could be in the form of star jumps on the spot, going for a run outside, hoovering the house, or dancing – anything that's high impact.

How it helps: By doing a short spurt of intense physical activity you are using up excess adrenaline which can help you feel calmer.



To learn more about anxiety visit:
[mentalhealth-uk.org/anxiety-disorders](https://www.mentalhealth-uk.org/anxiety-disorders)



Remember: You don't 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, please call 999.