

Managing Anxiety

5-4-3-2-1 Grounding technique

Being overwhelmed with emotions and anxious thoughts can happen to anyone at any time. These feelings make our thoughts race out of control where we often then conjure up terrifying scenarios and fears. We need to bring ourselves back to the present moment to escape these thoughts and feelings. There are many good ways to combat an anxiety spiral such as meditation, yoga or therapy, but the beauty of this technique is that you can practice it anytime and anywhere, especially when you find yourself completely overwhelmed.

Why not try out the 5-4-3-2-1 Grounding exercise which is a simple, yet effective and powerful coping technique to help bring you back to the present moment. It's easy to do and good to have in your toolkit should you ever need it.



Get Creative!

Why not have a go at creating this beautiful rainbow coloured inspirational quote in your Creative Journal. Taking time out to be creative is a fantastic way of calming the mind and easing anxiety. As you build up the pages in your Creative Journal with lots of positive words it in turn helps to boost confidence and self-esteem.

