

TOP TIPS FOR ANXIETY

Mental Wellbeing at Work



1

CHECK IN AND CONNECT

When we are faced with anxious thoughts we might feel like we are alone in this place. In truth, lots of people are feeling the same way and we need to all talk about it openly. Check in with your workplace, connect with others and ask about the support available for you. This will make the challenges more manageable and you will be reminded that you're not alone.



2

SMALL STEPS

Looking at the big picture may not always be the best thing to do. Breaking the week up day by day and focusing on the present may be a good option in managing the anxiety when feeling overwhelmed.



3

EXERCISE

When we move our body and exercise this releases endorphins into your body which is a positive feeling trigger. It is also great for your mental health by reducing mental fatigue and creating mood elevation.



4

SET GOALS

By setting achievable goals for yourself each day, this gives you a sense of accomplishment and can do attitude that your ego may need, even if your goal is to get dressed and make it out the door.



5

MINDFULNESS

People often underestimate the power of mindfulness, this is the ability to self regulate in challenging situations and bring your attention to the present moment instead of spiraling thoughts of the past or future. There are many grounding and breathing techniques that are great to practice when feeling overwhelmed.



6

SLEEP

Many of us over look the actual amount of sleep our bodies need in order to function at optimal level, this is replaced with copious amounts of coffee throughout the day and a bad habit of late nights and early mornings. As per the Healthline website Adults (18-64 years) need 7-9 hours.