

RESOURCES FOR:

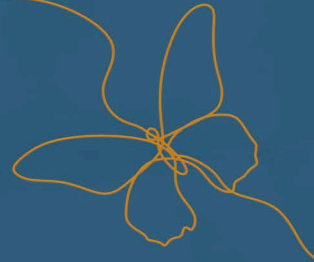
# ANXIETY

a compiled list of resources  
to support you through it

(thread)

RESOURCES FOR:

# ANXIETY



The **NHS** describes anxiety as "a feeling of unease, like a worry or fear, that can be mild or severe. Everyone feels anxious from time to time and for some people it can feel more intense or overwhelming, and interfere with our everyday lives and relationships.

It can make our heart race, we might feel sweaty, shaky or short of breath. Anxiety can also cause changes in our behaviour, such as becoming overly careful or avoiding things that trigger anxiety."

## Link In Bio:

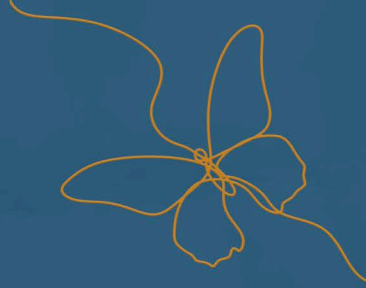
Here you can find tips from the NHS on how to spot anxiety and look after yourself.

Feeling anxious?



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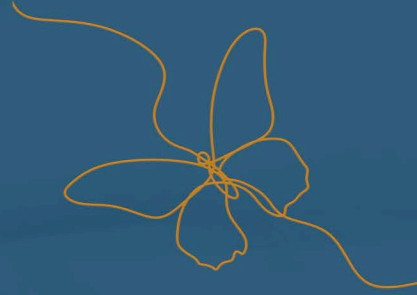
Our bodies will often know before our minds that we are experiencing anxiety.

Our **Sanctus Coaches** have some wonderful suggestions to ease the impact of anxiety on you and even understand it better.

Useful info this way 

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## BREATHE:

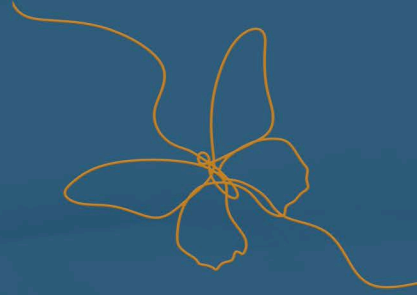
Notice your breathing pattern, is it shallow or deep?  
Does it feel calm or restless? Help yourself by  
regulating your breathing, slowly counting 5 seconds  
on your in breath and 8-10 seconds on your out breath



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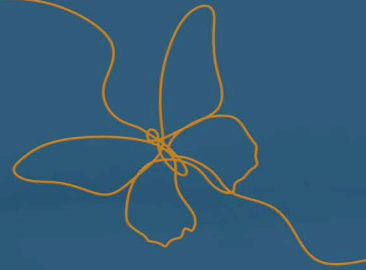
## MOVE IT OUT:

Discharge some pent up energy by kicking a ball around, skipping a rope, or just get up and shake it off with some vigorous movements... Dance it off!



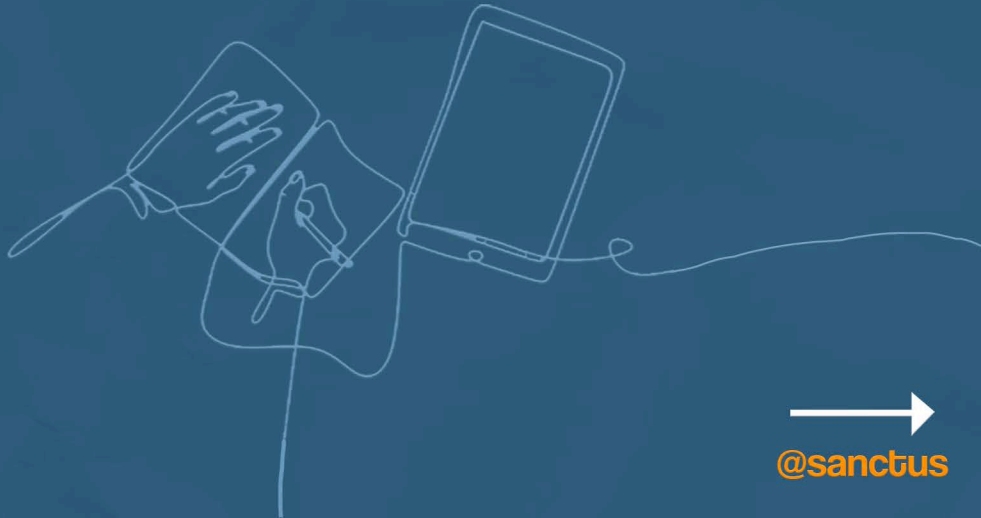
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## WRITE DOWN HOW YOU'RE FEELING:

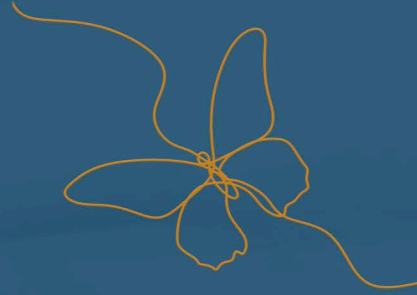
Give yourself a regular outlet and put your thoughts on paper, as a way to "park" them somewhere and tell your brain you are making space for them



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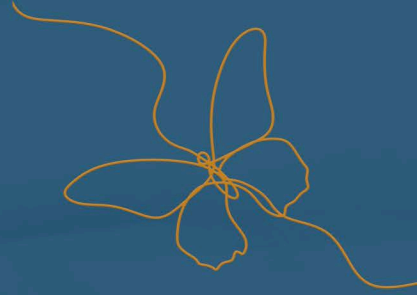


## BE MINDFUL:

Make space for daily mindful moments in which you just get lost in one practice. If you are not a meditation fan that's alright! You can take some time to eat mindfully and really taste your food with no distractions, take a walk in nature and notice as many details about your surroundings as you can... lock your laptop and phone away and just immerse yourself into one activity, start with 5 minutes and see how it goes

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## BE KIND AND LISTEN:

Life can really feel hard at times, be kind to yourself and ask yourself "what is this feeling trying to tell me?"

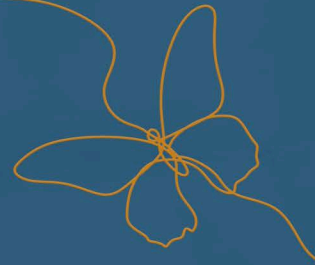




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ALL LINKS CAN BE  
FOUND IN OUR BIO:



**Anxiety Uk**

[www.anxietyuk.org.uk/](http://www.anxietyuk.org.uk/)



**Good Thinking**

[www.good-thinking.uk/  
anxiety/](http://www.good-thinking.uk/anxiety/)



**Mind**

<https://www.mind.org.uk/>  
**Anxiety & Panic Attacks**



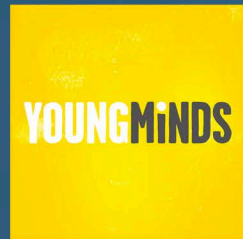
**Calm**

[www.thecalmzone.net/  
issues/anxiety/](http://www.thecalmzone.net/issues/anxiety/)



**No More Panic**

[www.nomorepanic.co.uk](http://www.nomorepanic.co.uk)



**Young Minds**

[www.youngminds.org.uk/  
find-help/conditions/anxiety/](http://www.youngminds.org.uk/find-help/conditions/anxiety/)

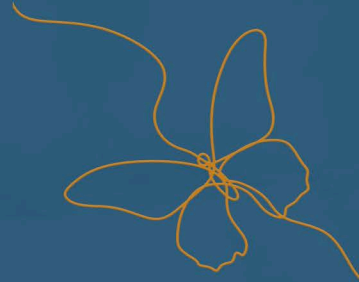


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## NHS-approved apps to help reduce anxiety



*Calm*

**CALM**

The Calm app offers guided meditations, breathing programmes and 'Sleep Stories' to help you de-stress and clear your mind.

**BE MINDFUL (FREE)**

A clinically proven online mindfulness course approved by the NHS, Be Mindful helps you to manage anxiety through mindfulness-based cognitive therapy (MBCT).



Be Mindful  
Online Mindfulness Course



Meditainment

**Meditainment** uses established guided meditation and visualisation techniques, leading you on imaginative journeys to dreamlike destinations to explore and reflect on a range of wellbeing topics.

**MEDITAINMENT**

**MYCOGNITION PRO**

By using this NHS-approved programme for 15 minutes a day, you can optimise your cognitive health, mental wellbeing and resilience to stress.



PRO

hello  
tomo.

**tomo** is expertly designed to support you with many of life's obstacles, including social anxiety. The app combines digital peer support with the best of social media and proven therapeutic techniques.

**TOMO (FREE)**

**MY POSSIBLE SELF (FREE)**

This clinically proven app can help you to understand and identify the causes of your anxiety so you can learn coping mechanisms and manage future situations better.

