

Easy Ways to take control of anxieties

Calm

Try the '5,4,3,2,1 technique to regain some focus - think of:

- 5 things you can see,
- 4 you can touch,
- 3 you can hear,
- 2 you can smell and
- 1 you can taste.

Release tension

Give yourself a hand or foot massage.

Release some emotions:

Watch something you know will make you laugh!

Feel in control

Set yourself a task to help you gain a sense of achievement.

Ball up a newspaper or magazine, sheet by sheet.

For example, research your favourite music artist or someone you admire, do word searches or play a computer game.

Express Yourself

Write a letter to help others understand how you are feeling-give it to someone if you feel confident enough to share it.

Distract yourself

Say the alphabet out loud.
Count to 100.
Build something using Lego.
Do some breathing exercises.

Track how you feel

Make a mood chart or mood diary.
Keep it on your bedroom door and let those close to you understand how you are feeling.

If you need help

Use the Compass Buzz text messaging service BUZZ US for young people aged 11-18 years to message in about concerns, questions or difficulties they are having.

text **BUZZ US on 07520 631168.**

The service is open Monday— Thursday 9.00am—5.00pm, Fridays 9.00am—4.30pm.