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CHALLENGE YOUR THOUGHTS 

JOURNAL YOUR WORRIES 

WORK ON YOUR PROBLEM SOLVING SKILLS 

TAKE A DEEP BREATHE AND COUNT BACKWARDS 

PRACTICE SOME DEEP BREATHING 

UNDERSTAND WHEN YOU START CATASTROPHIZING 

PRACTICE SOME SELF CARE 

TAKE A BREAK FROM TECHNOLOGY 

ACCEPT THAT YOU HAVE ANXIETY 

TALK TO SOMEONE ABOUT YOUR ANXIETY 

FOCUS ON THE PRESENT MOMENT 

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BUILD A MENTAL HEALTH SUPPORT NETWORK 

TRY TO KEEP THINGS IN PERSPECTIVE 

FOCUS ON THINGS YOU CAN CONTROL 

TAKE A BREAK 

EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES 

MAKE SURE YOU ARE EATING A BALANCED DIET 

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SET ASIDE SOME TIME TO WORRY 

PRACTICE SOME MINDFULNESS 

TRY ENGAGING IN RATIO BREATHING 

LISTEN TO RELAXING MUSIC 

MAKE SURE YOU ARE GETTING PLENTY OF SLEEP 

PRACTICE IMAGERY TO REDUCE AROUSAL 

DON'T BE AFRAID TO ASK FOR HELP 

LOOK AFTER YOURSELF 

DISTRACT YOURSELF 

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TEST OUT THE VALIDITY OF YOUR THOUGHTS 

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RECOGNISE THE SIGNS OF YOUR ANXIETY 

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IDENTIFY THINKING ERRORS 

ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN 

REDUCE YOUR STRESS LEVELS 
MANAGE YOUR TIME EFFECTIVELY 



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