



Dealing with Anxiety in a Pandemic

How to calm the brain

How to soothe the amygdala

1. Left –right motion

- Walking
- Running
- Colouring
- Tapping

2. Breathing

- Breathe in for 3 seconds
- Out for 5 seconds
- using a candle to make it flicker

3. Be active with your hands

- Knitting
- Colouring
- Crafting
- Rubix cube
- Building
- Create something
- Stress ball

4. Talk to someone – connection and contact is most important



5. Distraction - to allow the feeling to pass

- Film
- Listen to music
- Read
- Cleaning
- Gardening
- DIY

6. Assess the stress level and how true it is

If you have had previous bouts of anxiety or have a diagnosis of an anxiety disorder, please contact your GP if you feel your symptoms are unmanageable.



Self help tips.

1. Compartmentalise your day
2. Cut off point in the evening
3. Keep a routine - meal time/ sleep
4. Relaxation techniques
5. Exercise
6. Acknowledge how you feel
7. Agree a password with others or a cool off place.
8. Express to others what you need right now.
9. Don't be hard on yourself.
10. Time for reflection