

IT'S THE LITTLE THINGS *Managing under lockdown*

Feeling anxious during this time is a reasonable response to difficult times.

Below are some tips to help try and manage feelings of anxiety.

WAYS TO FEEL CALMER (FROM CHILDLINE)

- Be kind to yourself.

Think about what you'd say to a friend if they were in your position.

- Check your basic needs.

Think about whether you're hungry, thirsty or tired - and eat, drink or rest if you need to.

- Focus on things right now.

If you're feeling overwhelmed or angry, take yourself out of the situation by pausing for 30 seconds and feeling your feet firmly on the ground or your back against a chair.

- Take a break.

Make time to listen to music, go for a walk or have a chat with family or friends.

- Take deep breaths.

Take 5 deep breaths in through your nose and out through your mouth.

- Be kind to other people.

Help yourself to feel proud or good by doing a random act of kindness like offering to wash up, make someone a cup of tea or get involved in volunteering.

- Learn to say no.

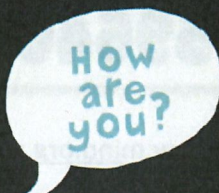
Think about yourself before others – if someone is taking up a lot of your time and it's making you stressed or upset, let them know when you need a break.

From Childline - www.childline.org.uk

Check on others –
and ask them twice!

Most of us say we're OK,
even when we're not!

...3 words...



...a cup of tea...



Make a cuppa and
call a friend – you'll
both feel better.

It doesn't matter if
it's raining (which it
probably will be!) –
grab a coat and have
a little walk.



a short walk...



WE'RE HERE
FOR YOU!

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Tips to manage anxiety (from the NHS)

DO

1. Try talking about your feelings to a friend or family member.
2. Try calming breathing exercise (get an app!)
3. Exercise – a walk in the fresh air.
4. Sleep – if you're struggling there's lots of help online (www.nhs.uk)
5. Healthy diet – regular meals will give you energy helping you cope better.

DON'T

1. Don't try to do everything at once – set smaller targets you can achieve.
2. Don't focus on things you can't change.
3. Try not to tell yourself you're alone – most people experience anxiety at some point – instead, reach out and talk.
4. Try not to use alcohol, cigarettes, gambling or drugs to relieve anxiety as they can contribute to poor mental health.

**TAMWORTH
TELEPHONE
SUPPORT LINE**



For Tamworth residents who may have an issue
but don't know who to turn to?
We offer sign posting and befriending services.

01827 59646

www.mind.org.uk

www.mentalhealth.org.uk