

Face your fears this January



After mince pies, pyjama days and plenty of sugary treats, getting back from the Christmas break can be daunting. Here's a short guide on how to get fight back against fears and anxiety you may have this New Year.

ANXIETY ISN'T ALWAYS A BAD THING.

It is a normal human reaction that we all experience at some stage in our lives. Anxiety can help us stay alert and focused, motivate us to solve problems.

The problem arise when this anxiety is constant or overwhelming.

WHAT ARE THE SYMPTOMS OF HEIGHTENED FEAR AND ANXIETY?

- ↓ Racing heartbeat
- ↓ Fear of losing control
- ↓ Disturbed sleep
- ↓ Agitation
- ↓ Irritability
- ↓ Feelings of detachment
- ↓ Worry
- ↓ Feeling of being on edge

Self Help Coping Strategies

Adopt healthy eating habits.

Get the recommended 6-8 hours of sleep.

Seek support from family and friends.

Try controlling your breathing and breathe deep when feeling fearful or anxious.

Reflect on your past success. Writing them down may encourage you.

Face your fears—if you can.

Whatever is on your mind, call us free and confidentially 24/7, 365 days a year...