

Anxiety

TOP TIPS

*know your
limits and
triggers*

*gradually
confront
situations but
have a plan*

*your
feelings are
valid - you are
not a burden*

*challenge
your negative
thoughts and
associations*

*ground
yourself by
trying to slow
your breathing*

*focus on a
positive
memory or
distraction*



For more information, visit:
www.yourspacewestsussex.co.uk



Stress

TOP TIPS

let yourself say no

break tasks down into manageable amounts

make time for things you enjoy, sleeping, eating and socialising

work together with people, ask for help

find a positive outlet

set achievable goals



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Self Esteem

TOP TIPS

*challenge
negative
thoughts*

*celebrate
your
achievements
even if they seem
small*

*spend time
with people that
make you feel good
and do things for
others*

*low
self-esteem is
learned, so is
being positive*

*identify
an issue and
make positive
change*

*take time
away from
social media
(at least an hour)*



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NHS

Self Harm

TOP TIPS

*find
positive
distractions*

*look after
injuries
properly to
prevent
infection*

*make sure
you know
basic first aid and
don't use dirty
items*

*identify
your reason for
self harming and
try and find a
substitute*

*notice when
you feel better
and acknowledge
that you can
do this*

*know when
you need to go
to A&E/minor
injuries*

